# Panther Post, By Principal Lundgren

Marie Reed Elementary School
Week of March 4, 2019

**We want your feedback! Online Family Link**: Annually, we ask for your anonymous feedback through DCPS' Panorama Survey. Any surveytakers wishing to submit their responses online can go to ***bit.ly/dcpsfamily*** beginning Monday, March 4th to share feedback about any schools they have children attending.

**Parent-Teacher Conference Day, Friday 3/8:** Please sign up for a 1-on-1 conference time with your child's teacher. There will be no school or child-care for students on this conference day.

**Ward 1 Ed Council Meeting on Saturday 3/9**: You are invited to the upcoming Ward 1 Education Council meeting on March 9th at H.D. Cooke, from 2pm-4pm where SBOE Ward 1 Rep Emily Gasoi will preside. At this meeting we will spend the first hour discussing business and issues that are bubbling up in your individual schools. The second hour we will dedicate to talking about planning for the ward 1 feeder patters from elementary to Middle School. We will focus in particular on the Banneker-Shaw move and how that impacts families' decisions, as well as over and under enrollment in surrounding middle schools. Deputy Mayor for Education Kihn and Eugene Pinkard from DCPS will be in attendance from 3-4pm to respond to questions. All meetings will offer Spanish translation.

**Begin Planning for Summer:** Marie Reed ES will be serving as a DCPS Summer School site and will NOT be hosting our annual Summer Camp. The enrollment window for the Marie Reed DPR Recreation Center summer camp lasts from Monday, February 25th and runs through Friday, March 1st. Contact the Marie Reed Rec Center at 202-673-7768 with questions.

**New Attendance Policy Reminder & Updates-** This year the DCPS Attendance and Support Services Team has updated the attendance policy. It is our goal to ensure that every student achieves academic success! As you may know the school day begins for every student at 8:45am. If the student is not with the teacher at the time of morning pick-up from the cafeteria or designated ECE drop-off location, they are considered late and MUST come to the Main Office for a **Tardy Slip**. If a student is absent from school, the absence must be documented. Excused absences include: **Illness, medical/dental appointments (a doctor's note is required), Death of immediate family, Religious Holiday, visiting a parent in the military, court appearance, suspensions, failure of DC to provide transportation where DC is legally responsible.** Unexcused absences include: **Family vacation, babysitting, oversleeping, parent illness or doctor appointment.**

**Submitting Absence Notes:** Parents have **5** days after a student returns to school to submit an excuse note. The Attendance designee, Ms. Moreno, will ***not*** be able to enter excuse notes after the 5 days. A doctor's note is required for students who are absent for 5 or more consecutive days. *New this year, **official documentation (eg: a doctor's note) is required for student absent 5 cumulative days per term. All excuse notes need to be submitted directly to Ms. Moreno (ONLY). Excuse notes can also be emailed directly to Eloisa.moreno@dc.gov**

**Important Dates:**
*3/14: Math Day & Pi Day*

**(Right)** Third grade students love learning to play piano with Ms. Granobles!

**(Below)** Ms. Peláez's PK4 students on a field trip to our building partners at Community of Hope Clinic!

# Panther Post, por la Directora Lundgren

Escuela Primaria Marie Reed
Semana del 4 de marzo de 2019

**¡Queremos su opinión! Enlace familiar en línea:** Anualmente, le pedimos su opinión anónima a través de la Encuesta Panorama de DCPS. Cualquier persona que desee enviar sus respuestas en línea puede visitar la liga ***bit.ly/dcpsfamily*** a partir del lunes 4 de marzo para compartir sus comentarios sobre las escuelas a las que asisten sus hijos.

**Día de Conferencia de Padres y Maestros, viernes 8/3:** Por favor regístrese para una conferencia individual con el maestro de su hijo. No habrá escuela ni cuidado para los estudiantes en este día de conferencia.

**Reunión del Consejo de Educación del Distrito 1 el sábado 9/3:** Está invitado a la próxima reunión del Consejo de Educación del Distrito 1 el 9 de marzo en la escuela H.D. Cooke, de 2 a 4pm, donde presidirá la representante del Consejo Estatal de Educación del Distrito 1, Emily Gasoi. En esta reunión pasaremos la primera hora discutiendo los asuntos que están surgiendo en sus escuelas. La segunda hora la dedicaremos a hablar sobre la planificación de los patrones de las escuelas destino del distrito 1 desde la escuela primaria hasta la escuela intermedia. Nos enfocaremos en particular en el cambio de Banneker-Shaw y cómo esto afecta las decisiones de las familias, así como el exceso y déficit de matriculación en las escuelas secundarias circundantes. El Vicealcalde de Educación Kihn y Eugene Pinkard de EPDC estarán presentes de 3-4pm para responder a las preguntas. Todas las reuniones ofrecerán traducción al español.

**Comience a planear para el verano:** Marie Reed ES estará sirviendo como un sitio para la Escuela de Verano de Escuelas Públicas de DC y NO será la anfitriona de nuestro Campamento de Verano anual. El periódo de inscripción para el campamento de verano del Centro de Recreación Marie Reed DPR dura desde el lunes 25 de febrero hasta el viernes 1 de marzo. Comuníquese con el Centro de Recreación Marie Reed al 202-673-7768 si tiene preguntas.

**Nuevas Actualizaciones de la Política de Asistencia-** Este año el Equipo de Servicios de Asistencia y Apoyo de DCPS ha actualizado la política de asistencia. Es nuestra meta asegurar que cada estudiante logre el éxito académico. Como sabrán, el día escolar comienza a las 8:45 a.m. para todos los estudiantes. Si el estudiante no está con el maestro a la hora de recogerlo de la cafetería o del lugar designado para dejar a los estudiantes de preescolar, se considera que es tarde y **DEBE** venir a la Oficina Principal para pedir una **nota de retraso**. Si un estudiante está ausente de la escuela, la ausencia debe ser documentada. Las ausencias justificadas incluyen: **Enfermedad, citas médicas/dentales (se requiere una nota del doctor), muerte de un familiar inmediato, feriado religioso, visitar a un padre en el ejército, comparecencia ante la corte, suspensiones, falta de transporte por parte de DC donde DC es legalmente responsable. Las ausencias injustificadas incluyen: Vacaciones familiares, cuidado de niños, dormir en exceso, enfermedad de los padres o cita con el médico**

**Envío de Notas de Ausencia:** Los padres tienen **5** días después de que el estudiante regrese a la escuela para presentar una nota de excusa. La Sra. Moreno, quien es la encargada de la Asistencia **no** podrá ingresar notas de excusa después de los 5 días. Una nota del doctor es requerida para los estudiantes que están ausentes por 5 o más días consecutivos. *Nuevo este año, **la documentación oficial (ej: nota médica) es requerida para el estudiante ausente 5 días acumulativos por trimestre. Todas las notas de excusa deben ser enviadas UNICAMENTE a la Sra. Moreno. Las notas de excusa también se pueden enviar por correo electrónico a Eloisa.moreno@dc.gov**

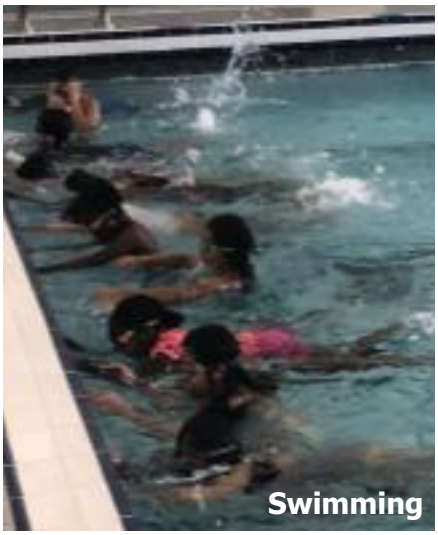
**Fechas Importantes:**
*14/3: Día de las Matemáticas & Pi*

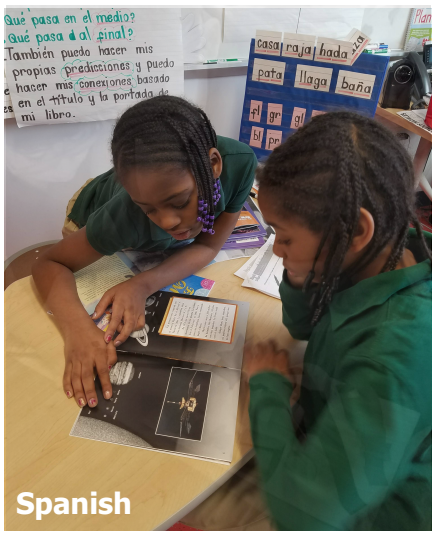
**(Derecha)** Estudiantes de 3er grado les ecanta aprender a tocar el piano con la Sra. Granobles.
**(Debajo)** La Sra. Peláez y sus estudiantes de PK4 en una excursión a nuestros trip to our con nuestros socios y vecinos de la clínica Community of Hope.

# Marie Reed Elementary School

## Visit the Specials classrooms during Parent Conferences
## Friday, March 8, 2019 from 8:00-3:00

*There will be workshops and office hours throughout the day.*






Marie Reed Elementary School | 2201 18th St NW | Washington, DC 20009

**We are Panthers! We are Proud! We are Powerful!**

Foodprints

# Marie Reed Elementary School

Science

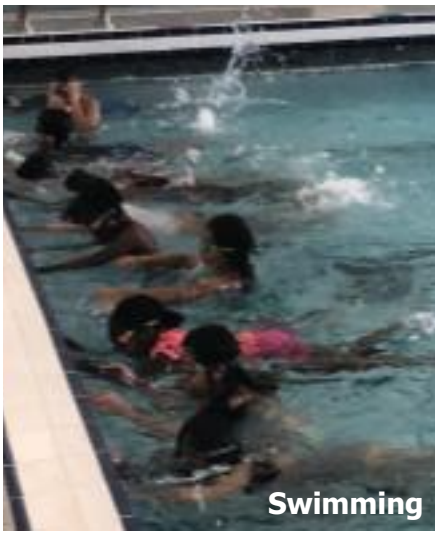
Library

Physical Education

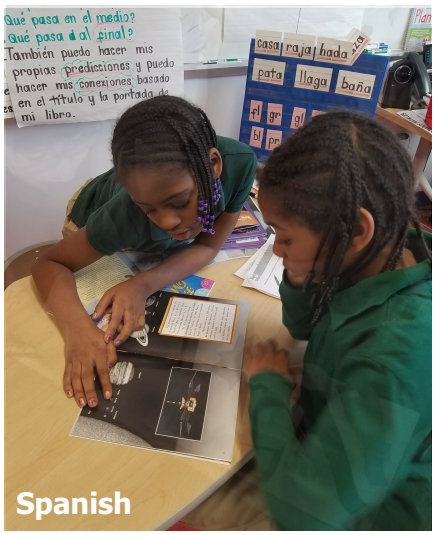
## Visite las clases especiales durante las conferencias de padres

Viernes 8 de marzo de 2019 de 8:00-3:00

*Habrá talleres y horarios de oficina a lo largo del día.*


Swimming

Music



Spanish

Marie Reed Elementary School | 2201 18th St NW | Washington, DC 20009

**We are Panthers! We are Proud! We are Powerful!**

# Specials Parent Conference Schedule

| Time | Phys. Ed. | Music | Library | Swim | Science | Foodprints | Spanish |
|---|---|---|---|---|---|---|---|
| 8:00-8:30 | | Office Hours | Open 8-12 | | | | Office Hours |
| 8:30-9:00 | | | | Office Hours | | | |
| 9:00-9:30 | | Office Hours | | | | | Workshop |
| 9:30-10:00 | | | | Workshop *Families are invited to swim during workshop | Office Hours | | |
| 10:00-10:30 | Office Hours | | | | | | |
| 10:30-11:00 | | | | | Workshop | | Office Hours |
| 11:00-11:30 | Workshop | Workshop | | | Office Hours | | |
| 11:30-12:00 | | | | | | Workshop | |
| 12:00-12:30 | | | | Office Hours | | | |
| 12:30-1:00 | | | | | | | |
| 1:00-1:30 | Office Hours | | Open 1-3:30 | | Workshop | | Office Hours |
| 1:30-2:00 | | Workshop | | | Office Hours | | Workshop |
| 2:00-2:30 | Workshop | Office Hours | | | | | |
| 2:30-3:00 | Office Hours | | | Office Hours | | Workshop | |
| 3:00-3:30 | | | | | | | |

We are excited to share workshops for families to experience learning and exploration opportunities that happen in our classrooms.

We also will offer office hours, please stop by to chat and ask individual questions of teachers.

Be sure to bring your swim gear in order to participate in family swim with Mr. Burdick during his swim workshop.

## Horario de la Conferencia de Padres Especiales

| Time | Phys. Ed. | Music | Library | Swim | Science | Foodprints | Spanish |
|---|---|---|---|---|---|---|---|
| 8:00-8:30 | | Horas de Oficina | Abierto 8-12 | | | | Horas de Oficina |
| 8:30-9:00 | | | | Horas de Oficina | | | |
| 9:00-9:30 | | Horas de Oficina | | | | | Taller |
| 9:30-10:00 | | | | Taller *Se invita a las familias a nadar durante al taller. | Horas de Oficina | | |
| 10:00-10:30 | Horas de Oficina | | | | | | |
| 10:30-11:00 | | | | | Taller | | Horas de Oficina |
| 11:00-11:30 | Taller | Taller | | | Horas de Oficina | | |
| 11:30-12:00 | | | | | | Taller | |
| 12:00-12:30 | | | | Horas de Oficina | | | |
| 12:30-1:00 | | | | | | | |
| 1:00-1:30 | Horas de Oficina | | Abierto 1-3:30 | | Taller | | Horas de Oficina |
| 1:30-2:00 | | Taller | | | Horas de Oficina | | Taller |
| 2:00-2:30 | Taller | Horas de Oficina | | | | | |
| 2:30-3:00 | Horas de Oficina | | | Horas de Oficina | | Taller | |
| 3:00-3:30 | | | | | | | |

Estamos muy contentos de compartir talleres para que las familias experimenten oportunidades de aprendizaje y exploración que ocurren en nuestras aulas.

También ofreceremos horarios de oficina, por favor pase a conversar y haga preguntas individuales a los maestros.

Asegúrese de traer su equipo de natación familiar con el Sr. Burdick durante su taller de natación.

# March FoodPrints class Schedule

Please email me at rgore@ffm.org if you would like to volunteer.

Follow us on instagram to see happenings of Foodprints at Marie Reed @mariereedfoodprints

| MONDAY<br>LUNES | TUESDAY<br>MARTES | WEDNESDAY<br>MIERCOLES | THURSDAY<br>JUEVES | FRIDAY<br>VIERNES |
|---|---|---|---|---|
| PLANNING 11 | 9:15-11 12<br>Miranda (K) | 9:30-10:30 13<br>Englehart (PK) | 9:30-10:30 14<br>Sanchez (PK) | 10:30-12 15<br>Mulligan (4th) |
| | 1-2:45<br>Feliciano (2nd) | 1-2:45<br>Estrella (2nd) | 1-2:45<br>Vega (1st) | 1-2:45<br>Enaje (2nd) |
| PLANNING 18 | 9:15-11 19<br>Donati (K) | 9:30-10:30 20<br>Hughes (PK)<br>10:30-12<br>Thorne (4th) | 9:30-10:30 21<br>Melgare (PK) | 10:30-12 22<br>Charles (5th) |
| 11-12 Tomar(BES)<br>2-3 Fortune (BES) | 1-2:45<br>Nassar (3rd) | 1-2:45<br>Tassew(3rd) | 1-2:45<br>Watkins (1st) | 1-2:45<br>Norton (3rd) |
| PLANNING 25 | 9:15-11 26<br>Guillen (K) | 9:30-10:30 27<br>Adrian (PK)<br>10:30-12<br>Quispe (5th) | 9:30-10:30 28<br>Pelaez (PK) | 11-12 19<br>Tomar(BES) |
| 11-12 Tomar(BES) | 2-3 Fortune (BES) | 1-2:45<br>Bielasiak (5th) | 1-2:45<br>Padilla (1st) | 1-2:45<br>Brown (4th) |

# El horario de las clases de FoodPrints para marzo

Avísame por correo electrónico ( rgore@ffm.org) si quieres ser voluntario.

Siguenos en instagram para ver los sucesos del jardín y en las clases @mariereedfoodprints

# DCPS PANORAMA SURVEY FOR 3RD-5TH GRADE

Dear 3rd-5th grade parents, DCPS has requested your support complete a Survey. The survey was designed to provide schools with a clear picture of the attitudes of families on several key issues ( e.g. school climate, family involvement, etc). DCPS can transform the results of the survey into data that will assist DCPS improve the learning environment in a general or specific way, and improve schools if necessary.

Panorama e-mailed you the survey, but if you did not receive the survey, please use the following link to complete the survey:

**bit.ly/dcpsfamily**

Marie Reed will have computers and assistance available on Friday if you would like assistance to complete the Survey.

**Date: March 8, 2019**

**Time: Starting at 9:00am-2:00PM.**

**Where: Living Room**

Mrs. Marquez: 202-673-7308, Juana.Marquez@dc.gov

# DCPS PANORAMA ENCUESTA PARA GRADOS 3RD-5TH

Estimados padres de 3rd y 5th grado, DCPS ha solicitado su apoyo para completar una encuesta. La encuesta fue diseñada para proporcionar a las escuelas una imagen clara de las actitudes de las familias sobre varios temas clave (por ejemplo, clima escolar, participación familiar etc). DCPS puede transformar los resultados de la encuesta en datos que ayudaran a DCPS a mejora el ambiente de aprendizaje de manera general o específica, y también a mejorar las escuelas si es necesario.

Panaroma le envío la encuesta por medio de un correo electrónico. Usted puede utilizar el siguiente enlace para completar la encuesta:

**bit.ly/dcpsfamily**

Marie Reed tendrá asistencia y computadoras disponibles el día de la junta de padres por si desea completar la encuesta.

**Fecha: 8 De Marzo de 2019**

**Hora: Apartir de las 9:00am-2:00PM.**

**Donde: Sala de Conferencia o Living Room**

Mrs. Marquez: 202-673-7308, Juana.Marquez@dc.gov

**It's important to note that new challenges are arising on the internet all the time. We have created to this guide to raise awareness of the issue and offer advice on helping parents to talk to their children about making safer decisions online. See also our '7 conversation starters' guide for more tips on better communication with your child.**

**Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly)... YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like waking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.**

# What parents need to know about MOMO

## CHILDREN'S VIDEOS BEING 'HIJACKED'

There have been recent reports that some seemingly innocent videos on YouTube and YouTube Kids (such as 'surprise eggs', unboxing videos and Minecraft videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until partway through the video.

## DISTRESSING FOR CHILDREN

Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a disclosure message warning that the content may be "inappropriate or offensive to some audiences" and that "viewer discretion is advised" but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental settings and filters.

## SUGGESTED VIDEOS ON YOUTUBE

Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithm, users are shown 'suggested videos' that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other Momo themed videos and other scary content which would be age-inappropriate for children under 18.

NOS

# Top Tips for Parents

## TELL THEM IT'S NOT REAL

Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reiterate to your child that Momo is not a real person and cannot directly harm them! Also, tell your child to not go openly searching for this content online as it may only cause more distress.

## BE PRESENT

It's important for you, as a parent or carer, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss, support and stop certain activities that your child may be involved in. As the nature of each task become progressively worse it's also important to recognise any changes in your child's behaviour.

## TALK REGULARLY WITH YOUR CHILD

As well as monitoring your child's activity, it's important for you discuss it with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

## DEVICE SETTINGS & PARENTAL CONTROLS

Ensure that you set up parental controls for your devices at home. This will help to restrict the types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's utmost safety. For example, on YouTube you can turn off 'suggested auto-play' on videos to stop your child from viewing content that they have not directly selected.

## PEER PRESSURE

Trends and viral challenges can be tempting for children to take part in; no matter how dangerous or scary they seem. Make sure you talk to your child about how they shouldn't succomb to peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

## REAL OR HOAX?

As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everthing you see online is true. Check the validity of the source and be mindful of what you share as it may only cause more worry.

## REPORT & BLOCK

You can't always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you come across it. You should also block the account/content to prevent your child from viewing it. Also encourage your child to record/screenshot any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channels.

## FURTHER SUPPORT

Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

If your child sees something distressing, it is important that they know where to go to seek help and who their trusted adults are. They could also contact Childline where a trained counsellor will listen to anything that's worrying them.

The Childline phone number is 0800 1111.

**Es importante tener en cuenta que cada vez surgen nuevos retos en internet. Hemos creado esta guía para crear conciencia sobre el tema y ofrecer consejos para ayudar a los padres a hablar con sus hijos sobre la toma de decisiones más seguras en línea. Vea también nuestra guía de'7 iniciadores de conversación' para más consejos sobre cómo comunicarse mejor con su hijo.**

**Momo es un siniestro `desafío' que existe desde hace tiempo. Recientemente ha reaparecido y una vez más ha llamado la atención de las escuelas y los niños de todo el país. Apodado el "juego asesino del suicidio", Momo ha sido fuertemente vinculado con aplicaciones como Facebook, WhatsApp, YouTube, y más recientemente (y más preocupantemente).... YouTube Kids. La espeluznante figura de muñeca envía imágenes gráficas violentas y pide a los usuarios que participen en desafíos peligrosos como despertarse a horas aleatorias e incluso ha sido asociada con autolesiones. Se ha informado de que la figura del "Momo" fue creada originalmente como una escultura y apareció en una galería de arte de Tokio y no está relacionada con el desafío del "Momo" del que estamos oyendo hablar en los medios de comunicación**

# Lo que los padres necesitan saber acerca de

# MOMO

## VIDEOS INFANTILES INTERCEPTADOS

Ha habido informes recientes de que algunos videos aparentemente inocentes en YouTube y YouTube Kids (tales como "huevos sorpresa", y videos de Minecraft) han sido editados por fuentes desconocidas para incluir violencia provocadora y/u otros contenidos inapropiados. Aunque YouTube supervisa y elimina vídeos que incluyen contenido inapropiado, los clips se pueden subir y ver miles de veces antes de que se notifiquen y eliminen. Como padre, es difícil detectar estos videos ya que el contenido dañino no aparece hasta que está en plena reproducción.

## ANGUSTIANTE PARA LOS NIÑOS

Populares YouTubers y otras cuentas han estado subiendo videos de reacción, mostrando su experiencia con el desafío MOMO. Algunos de los videos incluyen un mensaje de divulgación advirtiendo que el contenido puede ser "inapropiado u ofensivo para algunas audiencias" y que "se aconseja discreción al espectador", pero estos videos son de fácil acceso haciendo clic en `Entiendo y deseo continuar'. La imagen del personaje "Momo" puede ser profundamente angustiante para los niños y los jóvenes, y es importante señalar que puede pasar a través de los ajustes y filtros de los padres.

## VIDEO SUGERIDOS EN YOUTUBE

Las aplicaciones de vídeo como YouTube incluyen una función 'up next' que inicia automáticamente la reproducción de otro vídeo basado en el vídeo que se acaba de ver. Debido al algoritmo de YouTube, a los usuarios se les muestran'videos sugeridos' que pueden interesarles. Las miniaturas utilizadas en los vídeos sugeridos se crean intencionadamente para animar a los espectadores a hacer clic en ellas. Durante nuestra investigación, encontramos que cuando veíamos un video relacionado con Momo, se nos mostraban muchos otros videos temáticos de Momo y otros contenidos aterradores que serían inapropiados para niños menores de 18 años.

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# Consejos para los padres

## DIGALES QUE NO ES REAL

Al igual que cualquier leyenda urbana o historia de terror, el concepto puede ser bastante aterrador y angustiante para los niños. Aunque esto pueda parecer obvio, es importante que le reiteres a su hijo que Momo no es una persona real y que no puede hacerle daño directamente. Además, dígale a su hijo que no busque abiertamente este contenido en línea, ya que puede causar más angustia.

## ESTE PRESENTE

Es importante que usted, como padre, esté presente mientras sus hijos están en línea. Esto le dará una mayor comprensión de lo que están haciendo en sus dispositivos, así como también le dará la oportunidad de discutir, apoyar y detener ciertas actividades en las que su hijo puede estar involucrado. A medida que la naturaleza de cada tarea empeora progresivamente, también es importante reconocer cualquier cambio en el comportamiento de su hijo.

## HABLE REGULARMENTE CON SU HIJO

Además de monitorear la actividad de su hijo, es importante que usted también la discuta con él. Esto no sólo le dará una comprensión de sus acciones en línea, pero esas conversaciones honestas y frecuentes animarán a su hijo a sentirse seguro para discutir los problemas y preocupaciones que puedan tener relacionados con el mundo en línea.

## AJUSTES EL DISPOSITIVO Y USE CONTROL DE PADRES

Asegúrese de instalar los controles para padres en los dispositivos de su hogar. Esto ayudará a restringir los tipos de contenido que su hijo puede ver, así como también le ayudará a usted a monitorear su actividad. Además, es vital que conozca la configuración de su dispositivo y de su cuenta para garantizar la máxima seguridad de su hijo. Por ejemplo, en YouTube puede desactivar la opción "Reproducción automática sugerida" en los vídeos para evitar que su hijo vea contenido que no haya seleccionado directamente.

## PRESION SOCIAL

No importa lo peligrosos o atemorizantes que parezcan, los desafíos virales pueden ser tentadores para que los niños participen. Asegúrese de hablar con su hijo sobre cómo no caer en la presión de sus compañeros y hacer algo con lo que no se sienta cómodo, ya sea en línea o fuera de línea. Si no están seguros, anímelos a hablar con usted o con otro adulto de confianza.

## ¿ES REAL O UNA FARSA?

Como padre, es natural que se sienta preocupado por ciertas cosas que ve en internet y que pueden ser perjudiciales para su hijo. Sin embargo, nada de lo que ves en línea es cierto. Comprueba la validez de la fuente y ten en cuenta lo que compartes, ya que sólo puede causar más preocupación.

## REPORTE Y BLOQUEE

No siempre se puede confiar en que los controles parentales bloqueen el material angustioso o dañino. La gente encuentra maneras de esquivar el algoritmo de una plataforma para compartir y promover este tipo de material. Por este motivo, le aconsejamos que marque y denuncie cualquier material que considere inapropiado o perjudicial tan pronto como lo encuentre. También debe bloquear la cuenta/contenido para evitar que su hijo la vea. También anime a su hijo a que grabe o grabe cualquier contenido que considere malicioso para proporcionar pruebas y así poder llevar el asunto a los canales apropiados.

## PARA MAYOR APOYO

Hable con el responsable de seguridad dentro de la escuela de su hijo en caso de que tenga alguna preocupación con respecto a la actividad en línea de su hijo o al contenido malicioso que pudiera afectarlo.
Si su hijo ve algo angustiante, es importante que sepa dónde buscar ayuda y quiénes son sus adultos de confianza. También pueden ponerse en contacto con Childline, donde un asesor capacitado escuchará cualquier cosa que les preocupe.
El número de teléfono de Childline es 0800 1111.

**Este documento fue traducido para su apoyo en base a las recomendaciones de: nationallinesafety.com**

# Breakfast Menu

## BIC (Breakfast in the Classroom)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| February 25-March 1, 2019 | Whole Grain Bagel w/ Cream Cheese<br>Fresh Orange Smiles | Mini Bagel w/ Cinnamon Cream Cheese<br>Diced Pears | Egg & Cheese Bagel Sandwich<br>100 % Orange Juice and Fresh Apple Slices | Turkey Sausage Biscuit<br>Fresh Apple Slices | Fruit & Yogurt Parfait w/ Granola<br>Fresh Banana |
| March 4-8, 2019 | Egg & Cheese Bagel Sandwich<br>Fresh Orange Smiles | Turkey Sausage Biscuit<br>Diced Pears | Cheese Omelet w/ Biscuit<br>Fresh Apple | Breakfast Burrito<br>100% Apple Juice and Fresh Orange Smiles | NO SCHOOL |
| March 11-15, 2019 | Whole Grain Blueberry Muffin NEW<br>Fresh Orange Smiles | Oatmeal w/ Fruit Topping<br>Diced Pears | Spinach Egg Frittata w/ Biscuit<br>100% Apple Juice and Fresh Orange Smiles | Turkey Sausage Biscuit<br>Fresh Apple Slices | Fruit & Yogurt Parfait w/ Granola<br>Fresh Banana |
| March 18-22, 2019 | Whole Grain Bagel w/ Cream Cheese<br>Fresh Orange Smiles | Fruit & Yogurt Parfait w/ Granola<br>Diced Pears | Egg & Cheese Bagel Sandwich<br>100% Apple Juice and Fresh Orange Smiles | Cheese Omelet w/ Biscuit<br>Fresh Apple Slices | Whole Grain Apple Muffin NEW<br>Fresh Banana |
| March 25-29, 2019 | French Toast Sticks<br>Fresh Orange Smiles | Oatmeal w/ Fruit Topping<br>Fresh Apple Slices | Turkey Sausage Biscuit<br>Diced Pears | Cheese Omelet w/ Biscuit<br>100% Apple Juice and Fresh Orange Smiles | Fruit & Yogurt Parfait w/ Granola<br>Fresh Banana |

All meals include a choice of non-fat or 1% white milk

Assorted Cereals & Assorted cupped fruit available daily. Banana half served to Early Childhood Students

This institution is an equal opportunity provider

# Early Childhood Lunch

March 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| February 25-March 1, 2019 | Grilled Cheese[V]<br>BBQ Baked Beans<br>Orange Smiles<br>Nonfat & Lowfat Milk | Turkey Sausage & Maple Pancakes<br>Sweet Potato Wedges<br>Chilled Peaches<br>Nonfat & Lowfat Milk | Turkey Chili w/ Whole Grain Honey Corn Biscuit<br>Collard Greens<br>Mixed Fruit Salad<br>Nonfat & Lowfat Milk | Garden Burger[V]<br>Mashed Potatoes<br>Banana Half<br>Nonfat & Lowfat Milk | Baked Penne Pasta w/ Tomato Sauce[V]<br>Parmesan Roasted Broccoli<br>Fresh Apple Slices<br>Nonfat & Lowfat Milk |
| March 4-8, 2019 | Oven Baked Lasagna[V]<br>Roasted Ginger Kale<br>Fresh Apple Slices<br>Nonfat & Lowfat Milk | Classic Cheese Pizza[V]<br>Citrus Glazed Carrots<br>Orange Smiles<br>Nonfat & Lowfat Milk | Traditional Cheeseburger<br>Cucumber Coins w/ Dressing<br>Banana Half<br>Nonfat & Lowfat Milk | Sunbutter & Jelly Sandwich[V]<br>Roasted Kale & Sweet Potatoes<br>Chilled Peaches<br>Nonfat & Lowfat Milk | NO SCHOOL |
| March 11-15, 2019 | Turkey Burger<br>Seasoned Potato Wedges<br>Applesauce<br>Nonfat & Lowfat Milk | Thai Lemongrass Chicken w/ Brown Rice<br>Sesame Carrots<br>Chilled Pineapple<br>Nonfat & Lowfat Milk | Turkey Tacos<br>Roasted Corn<br>Mixed Fruit Salad<br>Nonfat & Lowfat Milk | BBQ Burger w/ Coleslaw<br>Cucumber Coins w/ Dressing<br>Orange Smiles<br>Nonfat & Lowfat Milk | Chicken Alfredo Macaroni<br>Mixed Garden Vegetables<br>Chilled Pears<br>Nonfat & Lowfat Milk |
| March 18-22, 2019 | Glorious Macaroni & Cheese<br>Citrus Glazed Carrots<br>Mixed Fruit Salad<br>Nonfat & Lowfat Milk | Chipotle Chicken Sandwich<br>Cucumber Coins w/ Dressing<br>Chilled Peaches<br>Nonfat & Lowfat Milk | Cheese Quesadilla[V]<br>Sweet Potato Wedges<br>Applesauce<br>Nonfat & Lowfat Milk | Sweet & Sour Chicken w/ Brown Rice<br>Asian Veggie Blend<br>Chilled Pears<br>Nonfat & Lowfat Milk | Chicken Parm Pasta<br>Parmesan Roasted Broccoli<br>Orange Smiles<br>Nonfat & Lowfat Milk |
| March 25-29, 2019 | Honey BBQ Chicken Sandwich<br>Green Beans<br>Fresh Apple Slices<br>Nonfat & Lowfat Milk | Teriyaki Grilled Chicken w/ Vegetables & Brown Rice<br>Lemon Roasted Broccoli<br>Orange Smiles<br>Nonfat & Lowfat Milk | Korean BBQ Turkey Taco w/ Pineapple Slaw<br>Steamed Carrots<br>Applesauce Cup<br>Nonfat & Lowfat Milk | Chicken Quesadilla<br>Cucumber Coins w/ Dressing<br>Chilled Peaches<br>Nonfat & Lowfat Milk | Classic Cheese Pizza[V]<br>Roasted Corn<br>Diced Pears<br>Nonfat & Lowfat Milk |



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# Classic Breakfast Menu

SodexoMAGIC - DC Public Schools

| | Monday<br>2/25/2019 | Tuesday<br>2/26/2019 | Wednesday<br>2/27/2019 | Thursday<br>2/28/2019 | Friday<br>3/1/2019 |
|---|---|---|---|---|---|
| 1. Choose Your Entree | Fluffy Pancakes<br>Bagel & Cream Cheese<br>Assorted Cereal & Graham Crackers | Mini Bagel w/ Cinnamon Cream Cheese<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Egg & Cheese Bagel Sandwich<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Turkey Sausage Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Cheesy Grits w/ Hardboiled Egg & Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers |
| 2. Choose Your Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit |
| 3. Choose a Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk |

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# Classic Breakfast Menu

SodexoMAGIC - DC Public Schools

| | Monday<br>3/4/2019 | Tuesday<br>3/5/2019 | Wednesday<br>3/6/2019 | Thursday<br>3/7/2019 | Friday<br>3/8/2019 |
|---|---|---|---|---|---|
| 1. Choose Your Entree | Egg & Cheese Bagel Sandwich<br>Bagel & Cream Cheese<br>Assorted Cereal & Graham Crackers | Turkey Sausage Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Cheese Omelet & Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Breakfast Burrito<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | NO SCHOOL |
| 2. Choose Your Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Fresh Apple<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | |
| 3. Choose a Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | |

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# Classic Breakfast Menu

SodexoMAGIC - DC Public Schools

| | Monday<br>3/11/2019 | Tuesday<br>3/12/2019 | Wednesday<br>3/13/2019 | Thursday<br>3/14/2019 | Friday<br>3/15/2019 |
|---|---|---|---|---|---|
| 1. Choose Your Entree | Whole Grain Blueberry Muffin NEW<br>Bagel & Cream Cheese<br>Assorted Cereal & Graham Crackers | Oatmeal w/ Assorted Toppings<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Spinach Egg Fritata w/ Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Turkey Sausage Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Whole Grain Cranberry Orange Round NEW<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers |
| 2. Choose Your Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit |
| 3. Choose a Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk |

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# Classic Breakfast Menu

SodexoMAGIC - DC Public Schools

| | Monday<br>3/18/2019 | Tuesday<br>3/19/2019 | Wednesday<br>3/20/2019 | Thursday<br>3/21/2019 | Friday<br>3/22/2019 |
|---|---|---|---|---|---|
| 1. Choose Your Entree | Oatmeal w/ Assorted Toppings<br>Bagel & Cream Cheese<br>Assorted Cereal & Graham Crackers | Cheesy Grits w/ Hardboiled Egg & Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Egg & Cheese Bagel Sandwich<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Cheese Omelet & Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Whole Grain Apple Muffin NEW<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers |
| 2. Choose Your Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit |
| 3. Choose a Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk |

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# Classic Breakfast Menu

SodexoMAGIC - DC Public Schools

| | Monday<br>3/25/2019 | Tuesday<br>3/26/2019 | Wednesday<br>3/27/2019 | Thursday<br>3/28/2019 | Friday<br>3/29/2019 |
|---|---|---|---|---|---|
| 1. Choose Your Entree | French Toast Sticks<br>Bagel & Cream Cheese<br>Assorted Cereal & Graham Crackers | Oatmeal w/ Assorted Toppings<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Turkey Sausage Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Cheese Omelet & Biscuit<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers | Whole Grain Oatmeal Raisin Round NEW<br>Fruit & Yogurt Parfait<br>Assorted Cereal & Graham Crackers |
| 2. Choose Your Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit | Assorted Fresh Fruit<br>Assorted Cupped Fruit |
| 3. Choose a Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk | 1% Milk<br>Non-Fat Milk |

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# DCPS Elementary School Lunch Menu

| Week 2 | MONDAY 2/25/2019 | TUESDAY 2/26/2019 | WEDNESDAY 2/27/2019 | THURSDAY 2/28/2019 | FRIDAY 3/1/2019 |
|---|---|---|---|---|---|
| Favorites | **BBQ Chicken Drumstick** | **Breakfast for Lunch:** Boiled Egg, Turkey Sausage, & Maple Pancakes | **Turkey Chili** | **Turkey Macaroni** | **Baked Penne w/ Tomato Sauce**ᵛ |
| Side | Wheat Dinner Roll | | Whole Grain Honey Corn Biscuit | Breadstick | Garlic Knot |
| Creations | **Grilled Cheese Sandwich**ᵛ | **Hot Turkey & Cheese Sandwich** | **BBQ Burger w/ Coleslaw** | **Garden Burger**ᵛ | **Jamaican Jerk Chicken Pizza or Cheese Pizza**ᵛ |
| Grab & Go | **Tuna Salad Sandwich** | **Sunbutter & Jelly Sandwich**ᵛ | **Mediterranean Hummus Wrap**ᵛ | **Turkey Wrap** | **Classic Chef Salad** |
| Side | | | | | Wheat Dinner Roll |
| From the Field | BBQ Baked Beans | Sweet Potato Wedges | Collard Greens | Mashed Potatoes | Parmesan Roasted Broccoli |
| | *Garden Bar: Kale Salad, Cherry Tomatoes, Corn, & Baby Carrots* | | | | |
| FRUITS | Orange Smiles | Fresh Pear | Fresh Apple Slices | Fresh Banana | Fresh Apple |
| | All-Mixed-Up Fruit Cup | Diced Peaches | All-Mixed-Up Fruit Cup | Applesauce Cup | Diced Pears |
| Milk | **Nonfat & 1% White Milk** | | | | |
| NOTES | *Menu Items highlighted in green include local produce.* *Entrée options followed by ᵛ indicate vegetarian option.* | | | | |
| Special Events | | | | | |
| | sodexo MAGIC | | | | |

# DCPS Elementary School Lunch Menu

| Week 3 | MONDAY 3/4/2019 | TUESDAY 3/5/2019 | WEDNESDAY 3/6/2019 | THURSDAY 3/7/2019 | FRIDAY 3/8/2019 |
|---|---|---|---|---|---|
| Favorites | **Oven Baked Lasagna Roll**[v] | **Spaghetti w/ Turkey Meatballs** | **Chicken Nachos** | **Buffalo Chicken Drumstick** | **NO SCHOOL** |
| Side | Breadstick | Breadstick | | Whole Grain Honey Corn Biscuit | |
| Creations | **Traditional Cheeseburger** | **Turkey Pepperoni or Margherita Pizza**[v] | **Chipotle Chicken Sandwich** | **Alaskan Pollock Banh Mi Sandwich** | |
| Grab & Go | **Chicken Caesar Salad** | **Chicken Salad Sandwich** | **Hearty Garden Salad**[v] | **Sunbutter & Jelly Sandwich**[v] | |
| Side | Wheat Dinner Roll | | Wheat Dinner Roll | | |
| From the Field | Roasted Ginger Kale | Citrus Glazed Carrots | Mexican Black Beans | Roasted Kale & Sweet Potatoes | |
| | *Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots* | | | | |
| **FRUITS** | Fresh Apple | Orange Smiles | Fresh Banana | Fresh Pear | |
| | Chilled Peaches | Applesauce Cup | Chilled Pears | Chilled Peaches | |
| **Milk** | **Nonfat & 1% White Milk** | | | | |
| **NOTES** | *Menu Items highlighted in green include local produce.*<br>*Entrée options followed by ᵛ indicate vegetarian option.* | | | | |
| **Special Events** | | | | | |

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# DCPS Elementary School Lunch Menu

| Week 4 | MONDAY 3/11/2019 | TUESDAY 3/12/2019 | WEDNESDAY 3/13/2019 | THURSDAY 3/14/2019 | FRIDAY 3/15/2019 |
|---|---|---|---|---|---|
| Favorites | Southwest Blackbean Nachos[v] | Thai Lemongrass Chicken | Turkey Tacos | Chicken Drumstick w/ Mumbo Sauce | Chicken Alfredo Macaroni |
| Side | | Brown Rice | | Honey Corn Biscuit | Wheat Dinner Roll |
| Creations | Turkey Burger | Veggie Fried Rice[v] | Cheese Quesadilla[v] | BBQ Burger w/ Coleslaw | Turkey Sausage or Veggie Pizza[v] |
| Grab & Go | Lift-Off! Spinach Salad[v] | Egg Salad Sandwich[v] | Tuna Salad Sandwich | Greek Salad[v] | Chicken Dipper Salad |
| Side | Wheat Dinner Roll | | | Tortilla Chips | Wheat Dinner Roll |
| From the Field | Seasoned Potato Wedges | Sesame Carrots | Roasted Corn | BBQ Baked Beans | Mixed Garden Vegetables |
| | *Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas* | | | | |
| FRUITS | Orange Smiles | Fresh Pear | Fresh Apple Slices | Orange Smiles | Fresh Apple |
| | Applesauce Cup | Chilled Pineapple | All-Mixed-Up Fruit Cup | Chilled Pineapple | All-Mixed-Up Fruit Cup |
| Milk | **Nonfat & 1% White Milk** | | | | |
| NOTES | *Menu Items highlighted in green include local produce.*<br>*Entrée options followed by ᵛ indicate vegetarian option.* | | | | |
| Special Events | | | | | |

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# DCPS Elementary School Lunch Menu

| Week 5 | MONDAY 3/18/2019 | TUESDAY 3/19/2019 | WEDNESDAY 3/20/2019 | THURSDAY 3/21/2019 | FRIDAY 3/22/2019 |
|---|---|---|---|---|---|
| Favorites | Glorious Macaroni & Cheese[v] | Jamaican Jerk Chicken Bowl | BBQ Turkey Nachos | Sweet & Sour Grilled Chicken w/Vegetables | Chicken Parm Pasta |
| Side | Garlic Knot | Brown Rice | | Brown Rice | Breadstick |
| Creations | Turkey Sloppy Joe | BBQ Chicken Drumstick w/ Spanish Rice | Chicken Quesadilla | Traditional Hamburger | Turkey Sausage or Cheese Pizza[v] |
| Grab & Go | Lift-Off! Spinach Salad[v] | Mediterranean Hummus Wrap[v] | Hearty Garden Salad[v] | Sunbutter & Jelly Sandwich[v] | Chicken Dipper Salad |
| Side | Wheat Dinner Roll | | Wheat Dinner Roll | | Wheat Dinner Roll |
| From the Field | Citrus Glazed Carrots | Jerk Lentils | Sweet Potato Wedges | Sizzlin'Asian Veggie Stir-Fry | Parmesan Roasted Broccoli |
| | *Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots & Corn* | | | | |
| FRUITS | Fresh Pear | Orange Smiles | Fresh Banana | Fresh Apple | Orange Smiles |
| | All-Mixed-Up Fruit Cup | Chilled Peaches | Applesauce Cup | Diced Pears | Chilled Peaches |
| Milk | **Nonfat & 1% White Milk** | | | | |
| NOTES | *Menu Items highlighted in green include local produce.*<br>*Entrée options followed by [v] indicate vegetarian option.* | | | | |
| Special Events | | | | | |
| | sodexo MAGIC | | | | |

# DCPS Elementary School Lunch Menu

| Week 1 | MONDAY 3/25/2019 | TUESDAY 3/26/2019 | WEDNESDAY 3/27/2019 | THURSDAY 3/28/2019 | FRIDAY 3/29/2019 |
|---|---|---|---|---|---|
| Favorites | Shepherd's Pie[v] | Teriyaki Grilled Chicken w/ Vegetables | Korean BBQ Turkey Taco w/ Pineapple Slaw | Kickn' Black Bean & Cheese Enchilada[v] | Rainbow Veggie Chili[v] |
| Side | Wheat Dinner Roll | Brown Rice | | | Tortilla Chips |
| Creations | Honey BBQ Chicken Sandwich | Teriyaki Veggie Burger w/ Pineapple slaw[v] | Grilled Cheese Sandwich[v] | Chicken Quesadilla | Turkey Sausage or Cheese Pizza[v] |
| Grab & Go | Chicken Dipper Salad | Chicken Salad Sandwich | Buffalo Chicken Wrap | Chicken Taco Salad | Cured Turkey Sub Sandwich |
| Side | Wheat Dinner Roll | | | Tortilla Chips | Wheat Dinner Roll |
| From the Field | Green Beans | Lemon Roasted Broccoli | Steamed Carrots | Southwest Pinto Beans | Roasted Corn |
| | *Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots* | | | | |
| FRUITS | Fresh Apple | Orange Smiles | Fresh Banana | Fresh Apple | Fresh Pear |
| | Diced Pears | All-Mixed-Up Fruit Cup | Applesauce Cup | Chilled Peaches | Applesauce Cup |
| Milk | **Nonfat & 1% White Milk** | | | | |
| NOTES | *Menu Items highlighted in green include local produce.*<br>*Entrée options followed by [v] indicate vegetarian option.* | | | | |
| Special Events | | | | | |

# afterschool snack menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| February 25-March 1, 2019 | Cheerios<br>1% or Nonfat Milk | Whole Grain Bagel w/ Cream Cheese<br>Diced Peaches | Goldfish Pretzels<br>Hummus Dip | Bunny Grahams<br>Fresh Banana | Strawberry Cereal Bar<br>Lowfat Yogurt |
| March 4-8, 2019 | Mozzarella String Cheese<br>Blueberry Cereal Bar | Cucumber Slices w/ Dip<br>Bunny Grahams | Cheese Crackers<br>100% Apple Juice | Giant Goldfish Grahams<br>Cucumber Slices w/ Dip | NO SCHOOL |
| March 11-15, 2019 | Crunchy Granola with Lowfat Yogurt | Giant Goldfish Grahams<br>Fresh Orange Smiles | Raisin Bran Cereal<br>1% or Nonfat White Milk | Bunny Grahams<br>Fresh Apple Slices | Goldfish Pretzels<br>100% Apple Juice |
| March 18-22, 2019 | Strawberry Cereal Bar<br>1% or Nonfat Milk | Cheese Crackers<br>Diced Pears | Mozzarella String Cheese<br>Fresh Orange Smiles | Baby Carrots<br>(Cucumber Slices)<br>Hummus Dip | Whole Grain Cranberry Orange Round NEW<br>Fresh Apple Slices |
| March 25-29, 2019 | Blueberry Cereal Bar<br>Diced Pears | Crunchy Granola with Lowfat Yogurt | Mozzarella String Cheese<br>Fresh Orange Smiles | Giant Goldfish Grahams<br>Baby Carrots w/ Dip<br>(Cucumber Slices w/ Dip) | Whole Grain Blueberry Muffin NEW<br>1% or Nonfat Milk |

(Blue) indicate substitutions for Early Childhood Students

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