



Carver Coyote Monthly Newsletter

November 2016

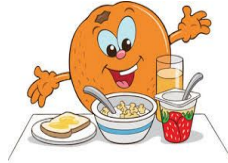


Thank you to the Carver Elementary PTO for having Visiting Author Brian Lies at our school in October. The students thoroughly enjoyed his books and presentation. In preparation for the visit, students colored their bats at home and brought them in to hang in our entry way. We had two days filled with bat stories and activities and a bat filled entryway that doubled as halloween decorations for our annual No Trix Just Treats event.

Topic Of The Month: Supporting Your Child with Friendships

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Friend-or-Foe.aspx>

<http://www.scholastic.com/parents/resources/article/stages-milestones/lets-be-friends>



Breakfast

Is Served Daily Including Early Release Days

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Carver Elementary School
85 Main Street, Carver, MA 02330
Principal
(508) 866-6210
Principal

Ruby Maestas, Principal
Paula Foley, Associate

Tanya Duff, Associate

Math Matters

The Carver Elementary School follows the 2011 Massachusetts Curriculum Frameworks for Mathematics. We have adopted *Everyday Mathematics 4* as our primary curriculum for use in our K-5 classrooms. *Everyday Mathematics* was developed by educators at the University of Chicago School Mathematics Project (USCMP). *Everyday Mathematics* is a research-based and field-tested curriculum that focuses on developing children's understanding and skills that produce life-long mathematical power.

Here, at CES, our teachers embed *Everyday Mathematics 4* using the Math Workshop Model. In this model, teachers provide instruction in a variety of settings (whole group, small group, one-to-one) to provide differentiated instruction to meet the needs of all students. Our instruction is always based on student data and groupings are flexible based on students' readiness levels. Teachers deliver instruction to meet the needs of the students by providing real-life examples, repeated exposures to math concepts and skills, frequent practice of computation, and using multiple methods and problem solving strategies.

Support your child at home by creating a positive math environment. Here are some ideas:

- Have a positive attitude about math!
- Think aloud when you use math.
- Play games...board games, card games, outdoor games!!
- Use numbers in fun ways.
- Give hints, not answers.
- Let your child feel the struggle of problem solving.
- Ask your child to explain their thinking.
- Communicate with your child's teacher.

If you have questions on how to support your child, please feel free to contact Jennifer Kelley, Math Coach and Coordinator K-5 @ kelleyj@carver.org or 508-866-6287. We are here to help you make learning Math fun!

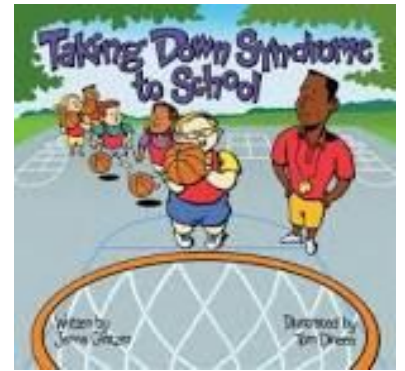
ELA at CES

Our dedicated teachers worked hard last spring to develop a more flexible content schedule to allow for additional opportunities for differentiated learning experiences. As a faculty, we also participated in professional development in Universal Design for Learning. Our English Language Arts blocks incorporate 30-60 minutes of core instruction daily, followed up by 45 minutes of small group reading instruction. The small group block is dedicated time for teacher directed, peer collaborative & independent reinforcement and enrichment of skills and concepts. Fall reading groups are well underway! Teachers and specialists joined together to examine student data, form instructional groups and establish targets for instruction. Reading groups run by classroom teachers are designed to meet the needs of all students. With support from Special Education teachers, Reading Specialists and the building Literacy Coach, teachers are integrating word work, novel study, literature circles, cooperative center activities and opportunities for direct instruction. Many students will access technology for skill building this year at CES. This opportunity will expand over time with the construction of our new facility! Stay tuned for some exciting updates and insights from our students as they share their ELA experiences with us through this section of our monthly newsletter.

We applaud the tremendous efforts of our students that participated in the Summer Reading BOOK BINGO event! These students will be recognized by their peers at an upcoming PBIS assembly.

For more information on our Math and Literacy programs, please plan to attend our upcoming November 15 PTO meeting at 7pm in the EKW IMC/Coyote Commons. Childcare will be provided for school aged children and toddlers who are toilet trained. Please RSVP at 508-866-6210 or 508-866-6220 if you will be accessing our childcare.

Accepting Differences During the month of October, students listened to a story about Down Syndrome and had an opportunity to ask questions about this disability. Support staff teachers visited the students during their morning meeting and read a book entitled, “Taking Down Syndrome to School.” The story is about a child with Down Syndrome and aims to promote empathy and caring for every child. The child in the story, Nick, has the same feelings and emotions as any child growing up. This book discusses what Down Syndrome is and that even though someone may have differences, they are still able to learn, socialize, participate in activities including sports, and build friendships.



Carver Public Library, Police Station and Fire Department get a visit from Carver Elementary kindergarten students.

Grade 3 classes visited Plymouth during the month of October. They took the Jenney Museum walking tour of downtown Plymouth.



Groundbreaking Ceremony Thank you to our Carver Elementary chorus for singing at the ceremony. Congratulations also to Kira Bradford our student speaker. Kira and her fellow 3rd graders will be in 5th grade when the new school is complete. (Photos courtesy of Wicked Local Carver).



Construction Update

This week crews will begin to set up erosion control fencing around the perimeter of the school. The fencing will assist with erosion control as there will be tree clearing that will take place during the first phase of construction. A temporary construction fence will go up on the actual construction site in the next few days.

Annual Pumpkin Parade was held on Monday, 10/31/16. Students in grades 1 and 2 decorated pumpkins and lined our bus circle for all their peers to view. Thank you to everyone who brought their pumpkin to school as we kicked off the fall season.



Students at Carver Elementary will go to the polls on Friday, November 4, 2016. We are looking for parent volunteers to assist us at our student voting booths. Please call us at 508-866-6210 or 508-866-6220 if you are able to help.

Important Dates:

Monday, 11/7/16	Music Boosters Meeting, 7 pm, CMHS Lower Library
Tuesday, 11/8/16	Teacher Professional Day, No School for Students
Thursday, 11/10/16	3rd Annual Veteran’s Day Celebration
Friday, 11/11/16	Veteran’s Day- No School
Monday, 11/14-Friday, 11/18/16	Spirit Week (see page 10)
11/14, 11/15, & 11/17	Turkey Trot (see page 11)
Tuesday, 11/15/16 Commons	Volunteer Training, 6:30 pm and PTO Meeting, 7 pm, EKW IMC/Coyote
Thursday, 11/17/16	Volunteer Training, 9:00 am, GJC Cafeteria
Wednesday, 11/23/16	Early Release Day
Thursday, 11/24/16	Thanksgiving Day
Friday, 11/25/16	Thanksgiving Break-No School
Wednesday, 11/30/16	Marks Close for Term I
Friday, 12/9/16	Report Cards Issued



Stay Up To Date on School News and Events
Please visit www.schoolway.com to
download this app.



EKW Parking Lot Traffic Pattern

Remember that traffic in the EKW parking lot, located to the right of the bus circle, is one way. When entering the parking lot you must take the first right and travel through the lot in a counterclockwise direction.

Office Hours with the Principal are from 7:30-7:50 every morning and/or by scheduling a meeting. Also, to provide feedback, suggestions or comments regarding any/all aspects of our school day, there is a comment box located near the parent waiting area in the EKW building. Remember that if you are trying to reach the principal or one of the associate principals during the school day, we are throughout the school, getting to know all our students, conducting classroom walkthroughs, and supporting our teachers. If you leave us a message, we will make sure to get back to you within 24 hours. For emergencies, please do not hesitate to let our office administrative assistants know that you need to speak with one of us immediately.

From the Nurses’ Corner:

Getting a good night’s sleep influences everything we do. It is at the foundation of maintaining good health for optimal growth, development, and learning for all ages.

Here are some age appropriate related sleep recommendations from <http://www.sleepforkids.org>:

Sleep and Preschoolers (3-5 years)

Preschoolers typically sleep 11-13 hours each night and most do not nap after five years of age. As with toddlers, difficulty falling asleep and waking up during the night are common. With further development of imagination, preschoolers commonly experience nighttime fears and nightmares. In addition, sleepwalking and sleep terrors peak during preschool years.

Sleep Tips for Preschoolers

- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark – and without a TV.

Sleep and School-aged Children (5-12 years)

Children aged 5-12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize the need for a regular and consistent sleep schedule and bedtime routine.
- Make your child's bedroom conducive to sleep – dark, cool and quiet. **Keep TV, computers, video games and other electronic devices such as iPods and smartphones out of the bedroom.**
- Avoid caffeine.

According to <http://healthy.sleep.med.harvard.edu>, there are significant consequences to lost sleep for adults too: Sleep is vital for learning and memory, and lack of sleep impacts our health, safety, and longevity. Most people don't get enough sleep. We are a society that burns the candle at both ends, a nation where people stay up all night to study, work, or have fun. However, going without adequate sleep carries with it both short- and long-term consequences. In the short-term, a lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury. In the long-term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality.

Sleep and Disease Risk The price of insufficient sleep may be poor health. Study after study has revealed that people who sleep poorly are at greater risk for a number of diseases and health problems.

If you or your child are suffering from sleep challenges, check out any of these sites for additional information and consult your physician if needed.

<http://healthysleep.med.harvard.edu>

<https://sleepfoundation.org/>

<http://www.sleepforkids.org/>

<http://www.apa.org/topics/sleep/why.aspx>

<http://www.parents.com/health/healthy-happy-kids/why-your-kid-needs-sleep/>



Do you have a child under 5? Are you pregnant or breastfeeding?

WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Free healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Call **1-800-WIC-1007**
or visit mass.gov/wic

TDD/TTY: 617-624-5992
This institution is an equal opportunity provider.

Check these guidelines to see if WIC might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$21,978	\$1,832	\$423
2	29,637	2,470	570
3	37,296	3,108	718
4	44,955	3,747	865
5	52,614	4,385	1,012
6	60,273	5,023	1,160
7	67,951	5,663	1,307
8	75,647	6,304	1,455

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.



GOOD FOOD and A WHOLE LOT MORE!



¿Tiene un hijo menor de 5 años? ¿Está embarazada o amamantando/lactando?

WIC OFRECE A LAS FAMILIAS

- Alimentos saludables gratis
- Apoyo de lactancia
- Consultas personalizadas de nutrición
- Referidos para atención médica y dental, seguro de salud, cuidado de niños, asistencia para combustible y vivienda, ¡y otros servicios que pueden beneficiar a la familia entera!

Llame al **1-800-942-1007**
o visite mass.gov/wic

TDD/TTY: 617-624-5992
Esta institución es un proveedor que ofrece igualdad de oportunidades.

Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANAL
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SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.



BUENOS ALIMENTOS y MUCHO MÁS!

CARVER ELEMENTARY SCHOOL PTO INFORMATION

The numbers are in and the 2nd Coyote Quick Kids Fun Run was another huge success raising over \$32,000 for Carver Elementary School! Thank you to everyone who helped make this such a huge success!

Have you been looking high and low for somewhere to recycle your old clothes, linens and stuffed animals? Our textile recycling bins have been relocated to the Carver School District administration building (across from the post office) to make room for the construction of the new building.

Our annual winter festival, Winter Wonderland will be held on Saturday, December 10, 2016. If you are interested in donating an item or basket for our annual raffle please email info@carverpto.org.

The next PTO meeting will be held Tuesday, November 15th at 7:00 pm in the EKW IMC.

The results for the Summer Box Tops contest are in and the winners are:

Jack Nelson in Mrs. Geraghty's class with 157

Luke Porter in Mrs. Doherty's class with 148

Mackenzie Moore in Ms. Harkins' class with 148

Brooklyn Benting in Ms. Dolan's class with 139.

Enjoy your Target gift cards and thank you for your hard work!

Our first classroom Box Tops contest was great! Thank you to everyone for turning in their Box Tops. The top 3 classes for October 2016 are:

Mrs. Sowa's class with 280

Mrs. Kalianiotis' class with 197

Mr. Baldo's class with 168

Mrs. Sowa's class has won spirit sticks and a visit with Coco the Box Tops Monkey!

The November Box Tops collection date will be 11/21/16. Please make sure to turn in your Box Tops to your classroom teacher by that date. The November results will be announced in the December newsletter.

The PTO has a challenge for the Carver Coyotes-can your classroom collect the most Box Tops for the whole school year? If your class can do it, your class will win a special surprise in June. The top 3 classes as of November 1st are:

Mrs. Steed's class with 583

Mrs. Champignie's class with 512

Ms. Abbott's class with 486

Coyote Convenience will be open on 11/1/16 and 12/6/16. Please visit www.carverpto.org to make a shopping list. Please send your student with any money in a ziploc bag. Please email kristin.moore@carverpto.org with any questions or if you are available to volunteer.

CARVER PUBLIC LIBRARY

Weekly Storytimes

Tuesdays at 10:30 a.m. – Toddler Storytimes, ages 3.5 and under meet for stories, songs and activities.

Wednesdays at 10:30 a.m. –Storytime, ages 3.5 to 7 meet for stories, songs and related activities.

Creative Journaling

Tuesday, November 1 at 6:30 p.m. – Ages 10 and up, please register.

Pajama Storytime

Thursday, November 3 at 6:30 p.m. – Ages 10 and under. Kids come dressed in their PJs for stories, songs and related activity.

Autumn Leaf Suncatchers

Saturday, November 5 at 11:00 a.m. – Ages 4 and up, register.

Silly Polls

Tuesday, November 8, all day – Have some election day fun. All ages, drop-in.

Veteran's Day Project

Thursday, November 10 at 6:30 p.m. – All ages, drop-in.

Silhouette Collages

Saturday, November 12 at 11:00 a.m. – Ages 6 and up, register.

Thanksgiving Bracelets

Tuesday, November 15 at 6:30 p.m. – Ages 6 and up, please register.

Dreamcatcher Craft

Thursday, November 17 at 6:30 p.m. – Ages 8 and up, must register.

Fantastic Beasts & Where to Find Them

Saturday, November 19 from 11:00 a.m. to 1:00 p.m. – Ages 4 and up, drop-in to hunt some fantastic beasts.

Make-it, Take-it

Tuesday, November 22 from 5:30 p.m. to 7:30 p.m. – All ages, drop-in for self-service craft.

Holiday Pajama Storytime

Thursday, December 1 at 6:30 p.m. – Ages 10 and under. Kids come dressed in their PJs for stories, songs and related activity.

Holiday Window Painting

Saturday, December 3 at 11:00 a.m. – Ages 4 and up, must register

Holiday Lego Challenge

Tuesday, December 6 at 6:30 p.m. – Ages 8 and up, must register.

Kid's Paint Night

Thursday, December 8 at 6:30 p.m. – Ages 8 and up, must register.

Ornament Making

Saturday, December 10 from 11:00 [a.m.to](#) 1:00 p.m. – All ages, drop-in. Make a memory or two for your tree!

Holiday Song Pop!

Tuesday, December 13 at 6:30 p.m. – Family and friend teams encouraged! Please register.

Dream Butterflies Release Party

Thursday, December 15 at 6:30 p.m. – Celebrate the release of a very special book by local author and illustrator team, Paul and Connie Kelly. Yes, this is the library's own Miss Connie and her husband! Come down to support the publication of their collaborative effort and say congratulations.

Elf Workshop

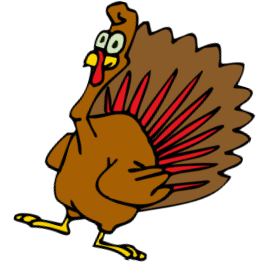
Saturday, December 17 from 11:00 a.m. to 2:00 p.m. – All ages, drop-in to make some special holiday gifts.

Carver Elementary School Spirit Week

Coordinated by the 5th Grade!



November 14-18



Monday: Sports Day

Tuesday: Color Battle- each grade wears their assigned color

Wednesday: Costume Day- dress up as your favorite character (no masks or face paint!)

Thursday: Pajama Day

Friday: Hawaiian Day

Color Battle Colors:

Pre-k- purple	3- red
K- pink	4- yellow
1- orange	5- blue
2- green	
All other staff- black	

For each day of participation please bring in a non-perishable donation for the local food bank! Extra donations are always appreciated.

***If participating in all five days bring in 4 items on Monday to get a day "free"**

COYOTE TURKEY TROT FUNDS FOR FOOD



The first annual Carver Coyote Turkey Trot benefitting the Carver Food Pantry will be taking place during specials on November 14th, 15th and 17th. Students may bring change or small bills to put in a donation jar. Monies collected will go to gift cards for the Carver Food Pantry which they can use to purchase items that they need. Grades 3 through 5 will complete a one mile course while grades K, 1, and 2 will complete a half mile course. Preschool will complete a modified Turkey Trot on Monday November 14th. The top three fastest boy's and girl's times for each grade level will be recognized at a school assembly.

November 14:

8:30 Morning PK

12:20 Afternoon PK

November 15:

8:50 Ms. Balboni, Ms. Curley, Mrs. Lynam

9:35 Mrs. Champignie, Mr. MacEachen, Mrs. Steed

10:25 Mrs. Burr, Ms. Kane, Mrs. Swanton

12:20 Mrs. Abbott, Mrs. Leatherbee, Mrs. Sowa

1:05 Ms. Crump, Mrs. Sexton, Ms. Thompson, Mrs. Kalianiotis

1:55 Ms. Owen, Mrs. Barker, Mrs. Geraghty

Nov. 17:

8:50 Ms. Chernicki, Mrs. Gesualdo, Mr. Baldo

9:35 Ms. Johndrow, Ms. Smith, Mrs. Harkins

10:25 Mrs. Johnson, Mrs. Lewis, Mrs. Ogozaly

12:20 Mrs. Doherty, Mrs. Shanahan, Mrs. Bennett

1:05 Mrs. Lake, Ms. Stahl, Mrs. Wall

1:55 Ms. Dolan, Mrs. Lombardi, Mrs. Campopiano

Lunch Menu

Price for Lunch: \$2.40	Breakfast is now offered to students
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Monday, 10/31

Toasted Cheese Sandwich
On wheat bread
Cup of tomato soup
Celery sticks w/dip
Fresh apple
Buffalo chicken salad

Tuesday, 11/1

Chicken Fajitas
Chicken & cheddar cheese
Seasoned brown rice
Salsa & Bean Dip
Chilled pineapple
Buffalo chicken salad

Wednesday, 11/2

Popcorn Chicken Bites
Sweet potato crinkles
Warm pretzel rod
Green Beans
Orange wedges
Buffalo chicken salad

Thursday, 11/3

Meatballs in Sauce
Wheat sub roll
Parmesan cheese
Side of spinach salad
w/dressing. Chilled pears
Buffalo chicken salad

Friday, 11/4

Pizza Day
Cheesy French Bread
Cheese or sausage
Fresh Caesar Salad
Garlic roasted chick
peas/chilled pears

Monday, 11/7

Hot Dog/Wheat bun
BBQ Baked beans
Baby carrots
Honey Graham snacks
Fresh pears
Chicken Caesar Salad

Tuesday, 11/8

No School
Teacher Professional Day

Wednesday, 11/9

Chicken Nuggets
Baked potato puffs
Peas
W/G Bread stick
Chilled fruit cup
Chicken Caesar Salad

Thursday, 11/10

W/G Pizza Square
Cheese or Sausage
Garden Salad w/broccoli
& dressing
Cinnamon applesauce
Chicken Caesar Salad

Friday, 11/11

No School
Veterans' Day

Monday, 11/14

Chicken Noodle Soup
Warm W/G Pretzel
Cheese stick
Baby carrots
Fresh apple
Teriyaki Chicken Salad

Tuesday, 11/15

Taco Tuesday
Seasoned beef on hard shells
lettuce/cheddar cheese
Salsa and bean dip
Chilled fruit cup
Teriyaki Chicken Salad

Wednesday, 11/16

Chicken Tenders
Oven baked smiles
Steamed green beans
Warm pretzel rod
Chilled peaches
Teriyaki Chicken Salad

Thursday, 11/17

Hamburger on wheat bun
plain or cheese
Lettuce, tomato, pickles
Corn/Cheddar Goldfish
Orange wedges
Teriyaki Chicken Salad

Friday, 11/18

Pizza Day
Gilardi stuffed crust
Cheese or pepperoni
Fresh garden salad
w/kale & dressing
Cinnamon applesauce

Monday, 11/21

Deli turkey sub
Side of stuffing, cranberry
Sauce, baby carrots
With ranch dip
Bag of W/G pretzels
Cinnamon applesauce
Chicken/Bacon Ranch Salad

Tuesday, 11/22

Pizza Day
Sal's Pizza
Cheese or Bacon
Fresh Spinach Salad
with dressing
Chilled pineapple
Chicken/Bacon Ranch Salad

Wednesday, 11/23

Early Release Day

Thursday, 11/24

Happy Thanksgiving!!

Friday, 11/25

Monday, 11/28

Chicken Patty on a W/W bun
Plan or spicy
Carrot coins/baked smiles
Chilled fruit cup
Chicken Caesar Salad

Tuesday, 11/29

W/G Pancakes
Sweet potato bites
Strawberry yogurt cup
Chilled applesauce
Chicken Caesar Salad

Wednesday, 11/30

Popcorn chicken bites
Brown rice
Green beans
Fresh banana
Chicken Caesar Salad

Thursday, 12/1

Toasted cheese sandwich
on wheat bread
Cup of tomato soup
Celery sticks w/dip
Chilled pears
Chicken Caesar Salad

Friday, 12/2

Sal's Pizza
cheese or buffalo
Fresh Spinach Salad
with dressing
Roasted chickpeas
Chilled peaches

Daily Choices

1. WG Bagel with cream cheese
2. Garden Salad with dressing
3. Smucker's Uncrustable
4. Assorted WG cereals

These meals come with a choice of: cheese stick, fruit, veggie of the day.

Juice and WG croutons/crackers

Breakfast Menu

Monday, 10/31

Strawberry Yogurt Cup
Graham cracker bites
Apple
Milk or juice

Tuesday, 11/1

Blueberry Muffin
Banana
Milk or juice

Wednesday, 11/2

Mini pancakes
Orange wedges
Milk or juice

Thursday, 11/3

Apple cinnamon muffin
Fruit cup
Milk or juice

Friday, 11/4

Bagels w/light cream cheese
or Smart Balance margarine
Applesauce cup
Milk or juice

Monday, 11/7

Strawberry/Banana Yogurt
Graham cracker bites
Apple
Milk or juice

Tuesday, 11/8

No School

Wednesday, 11/9

Mini pancakes
Orange wedges
Milk or juice

Thursday, 11/10

Chocolate chip muffin
Fruit cup
Milk or juice

Friday, 11/11

No School

Monday, 11/14

Strawberry Yogurt Cup
Graham cracker bites
Apple
Milk or juice

Tuesday, 11/15

Blueberry Muffin
Banana
Milk or juice

Wednesday, 11/16

Mini pancakes
Orange wedges
Milk or juice

Thursday, 11/17

Apple cinnamon muffin
Fruit cup
Milk or juice

Friday, 11/18

Bagels w/light cream cheese
or Smart Balance margarine
Applesauce cup
Milk or juice

Monday, 11/21

Strawberry Yogurt Cup
Graham cracker bites
Apple
Milk or juice

Tuesday, 11/22

Banana Muffin
Banana
Milk or juice

Wednesday, 11/23

Mini pancakes
Orange wedges
Milk or juice

Thursday, 11/24

Happy Thanksgiving

Friday, 11/25

Monday, 11/28

Strawberry Yogurt Cup
Graham cracker bites
Apple
Milk or juice

Tuesday, 11/29

Blueberry Muffin
Banana
Milk or juice

Wednesday, 11/30

Mini pancakes
Orange wedges
Milk or juice

Thursday, 12/1

Friday, 12/2

Breakfast Program

Available daily: Assorted gluten free cereals, milk & fresh fruit. We will also offer on alternating days: muffins and other breakfast pastries.

Breakfast will be free for approved eligible free students, \$.30 for approved eligible reduced students and \$1.65 for all others. If you have any questions, please call (508) 866-6230.

Be sure your NutriKids account is updated. To register for NutriKids, watch daily transactions, check balances and make online prepayments, please visit: www.myschoolbucks.com. At school prepayments: please make checks payable to: **CPS Meal Program**. Please include student id# on check.

Free and reduced applications are available on the school website (www.carver.org). Applications can be filled out anytime during the school year. Return completed application to: Carver Public Schools – Food Services, 3 Carver Square Boulevard, Carver, MA 02330. Contact Kathleen Farrar (farrark@carver.org) with any questions.

All meals include choice of milk
(1% low fat or Tru-Moo fat free chocolate milk)

A' la carte milk \$.50

A' la carte water \$.75

Lunch Price \$2.40

Our breads are Whole Grain Rich

In addition to their lunch, students are allowed to purchase 1 food item and 1 drink item unless parent notifies us otherwise.