



Junior Eagle Journal

Your Source for News from O'Neill Elementary School
March 2023



Spring is Right Around the Corner

If you know me well, you know I am a big fan of baseball (The Kansas City Royals, in particular). Once the Super Bowl ends, it becomes a countdown to the beginning of baseball season. Spring Training is just around the corner, which means the season is about to start!

I have always felt baseball is a great metaphor for life, and ultimately school. Spring training, like the beginning of the school year, is a time when hope springs eternal. No matter how your previous year went, you can always start anew and hope for a great year. As a Royals fan, I'm hoping we can forget the past few years!

As hopeful as we are at the beginning of the season or school year, we are now in the middle of the season, into what might be called the "dog days" of winter. Days are long, indoor recess is a regular occurrence, homework is getting tougher, and we have been around the same people for about six months! It's easy to become apathetic & bored, but let's start thinking about finishing the year strong!

That said, here are a few tips I want to give all students and their parents.

1. **Don't worry about the count, whether you're up 3-0 or down 0-2, you've always got a chance to be a success.** So, even if the first three quarters of school were rough, always work hard and try to get a hit. Whether it's a single or a home run, just get a hit!
2. **Be aware of the game situation. Maybe there are two outs with runners on the corners or bases empty with no outs.** Keep up with your grades and homework. Know what assignments you have missing and find out how to get help handing them in.
3. **Get some coaching!** Don't be afraid to ask your teachers or friends for help with work that you don't understand. It's foolish to be too proud to ask for help. We are all a team, let's be successful together.
4. **Set goals, even if it seems unattainable to some.** Boston Red Sox Hall of Famer, Ted Williams once said, "A man has to have goals – for a day, for a lifetime – and that was mine, to have people say, 'There goes Ted Williams, the greatest hitter who ever lived.'" I think it's safe to say he reached his goal. No matter how big or small your goal is, sit down, commit to it and reach for it. You'd be amazed what simply committing does.

I could go on and on about the correlations of baseball, but I want to leave you with one last thought from famed author, Tom Swyers, "Worrying about things you can't control is a waste both on the baseball field and in life." So, show up, be prepared, and finish strong.

Thank you,

Mr. Jim York

Principal, O'Neill Elementary School

A Few Announcements...



- While winter is winding down, it can still be cold. That said, we have had many students show up to school without the proper winter coats or gloves. We have some extra hats, coats, and gloves. However, if your student does have a winter coat, please make sure he/she wears them to school.
- If your child is/will be gone from school, please contact the office so we can know about your child's whereabouts.
- Many of our students have been wearing sweatshirts to school on a regular basis, which is great. But, after two or three days of continuous wear, the sweatshirts can become dirty and a bit smelly. Please remember to wash those sweatshirts periodically.
- Any parent/guardian may request, and the district will provide, in a timely manner, information regarding the professional qualifications of a student's teacher(s).
- In the event a school employee is an unqualified teacher, the school will provide to each individual parent of a child who is a student in the school timely notice that the student has been assigned, or has been taught for four or more consecutive weeks by, a teacher who does not meet applicable State certification or licensure requirements at the grade level and subject area in which the teacher has been assigned.

Eagle Way Minute



The Eagle Way isn't just an expectation at school, it can be at home too. It's also an expectation throughout life, including on social media & the Internet. That said, here are some tips for doing things the Eagle Way during bed time.

- Be Safe-Brush teeth EVERY NIGHT!
- Be Respectful-Pick out my clothes for tomorrow.
- Be Responsible-Go to bed at my designated bed time.

Upcoming Dates

March 6th-8th—Read Across America Week

March 8th—Last day of the 3rd Quarter

March 9th-10th—NO SCHOOL, Spring Break

March 13th—Junior Eagle Booster Meeting @ 5:00 pm

March 14th—Spirit Day: Mismatch Day

March 21st—NO Preschool, Kindergarten Sneak Peak, and Preschool Sneak Peak

March 22nd—Breakfast with Buddies (Like Doughnuts with Dads)

March 24th—Miles of Smiles

March 25th—Daddy-Daughter Dance @ 7:00 pm

March 28th—Kindergarten-3rd Grade Music Program (K-1 @ 6:00 pm & 2-3 @ 7:15 pm) in the OES Gym

March 29th—Doughnuts with Grownups (Like Muffins with Moms)

March 31st—NO SCHOOL, Staff Development



Internet safety at home: A GUIDE FOR PARENTS

APPS

TO LIMIT/MONITOR YOUR CHILD'S SCREEN TIME

Zift · Qustodio · Focus Me ·
Screen Time · Norton Family ·
Freedom · unglue · Life360

HOW TO SET PARENTAL CONTROLS ON YOUR CHILD'S PHONE

for iPhone: go to Settings> Screen
time> Use screen time passcode

for Android: Settings> Digital
wellbeing and parental controls>
Set up parental controls

DID YOU KNOW:

The **BEST** way to keep your kids safe online is to teach them responsible, safe choices?

You can do this by periodically checking on their technology use and having conversations about their online choices.

As a parent, you have power to choose what your kids have access to online. You can do this through parental controls on their devices, apps to monitor and alert you of concerning behaviors, and by blocking specific websites through your Wi-Fi router.

You can also set limits around when and where your child uses technology, like using phones in common rooms and "checking in" their phone at bedtime.

BLOCKING WEBSITES THROUGH YOUR WI-FI ROUTER

Find your router's IP, and type it into any browser's address bar to get to its settings page. Try 192.168.1.1 or 192.168.0.1. You'll also need your router username and password. If you haven't changed it, the username is usually admin, and the password admin, password, or leaving it blank. If that doesn't work, check your router's manual.

Once you're in your router settings page, look for a setting called Block Sites, Access Restrictions, or something similar. You might find it under Security, Parental Controls, or Advanced. Every router is different, so again consult your manual.

When you find the setting, enter the domains you want to block. Now no one connected to this network can visit that site.

(source: <https://www.designbombs.com/how-to-block-any-website-anywhere-computer-phone-network/>)

READ ACROSS AMERICA WEEK @ OES

To celebrate Read Across America Week, we at OES have different themed days. Participation is encouraged!

MONDAY, MARCH 6TH--Favorite Book Character

TUESDAY, MARCH 7TH--Hat Day & Crazy Sock Day (*Cat in the Hat & Fox in Socks Day*)

WEDNESDAY, MARCH 8TH--PJ Day (Drop Everything and Read Day)

The “Stroop Effect” Challenge

Look at the colors below and say the name of each color aloud. Don’t read the words—just say the names of the colors the words are printed in.

Ready? Go!

Red

Blue

Yellow

Blue

Green

Yellow

Red

Yellow

Green

That was surprisingly hard, wasn’t it? Did you make any mistakes? At the very least, it probably took you longer than you thought it would. That’s because your brain wanted to read the **word** instead of paying attention to the **color** of the font.

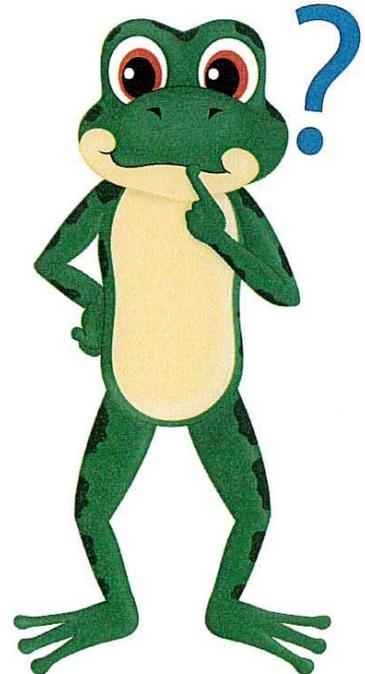
Now try it again, but this time read the **words** aloud, ignoring the color. That was much easier, right? And you probably didn’t make any mistakes.

Understanding the Stroop Effect

This little exercise is a demonstration of the Stroop effect, which is named after the researcher who came up with the study in 1935. In the study, it took most participants more than twice as long to say the font colors as it did to read the words.¹

The Stroop effect shows that, for literate adults, word recognition can be even more automatic than something as basic as color recognition. Reading the words doesn’t require conscience effort. In fact, it is difficult *not* to read the words! And that’s what we want for our students—for reading to become as effortless and unconscious as breathing!

¹ Stroop, J.R. (1935). Studies of interference in serial verbal reactions. *Journal of Experimental Psychology*, 18, 643-662.



March 2023

O'Neill Elementary, Grades PK-6 2022-2023 Breakfast, Grades K-6

		<p>01</p> <p>Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Milk Fresh Orange Slices</p> <p>1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>02</p> <p>Entree * Pancake and Sausage Links * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Sliced Peaches</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>03</p> <p>Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Pineapple Tidbits</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>
<p>06</p> <p>Entree * Pancake Sausage Stick * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Applesauce</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>07</p> <p>Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Mixed Fruit Cocktail</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>08</p> <p>Entree * Strawberry Stuffed French Toast * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Fresh Orange Slices</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>09</p> <p>Misc. No School</p>	<p>10</p> <p>Misc. No School</p>
<p>13</p> <p>Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Sliced Peaches</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>14</p> <p>Entree * Fresh Baked Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Applesauce</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>15</p> <p>Entree * Pancake and Sausage Links * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Pineapple Tidbits</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>16</p> <p>Entree * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Sliced Pears</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>17</p> <p>Entree * Chocolate Iced Long John * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice</p> <p>Fresh Orange Slices</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>

Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast Fruit 100% Fruit Juice Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Pancakes with Syrup * Cereal Choices with Toast Fruit 100% Fruit Juice Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Cereal Choices with Toast Breakfast with Buddies Fruit 100% Fruit Juice Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast Fruit 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast Fruit 100% Fruit Juice Sliced Pears Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
Entree * Iced Long John * Cereal Choices with Toast Fruit 100% Fruit Juice Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Pancake Sausage Stick * Cereal Choices with Toast Fruit 100% Fruit Juice Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Cereal Choices with Toast Donuts with Grown-Ups Fruit 100% Fruit Juice Fresh Orange Slices Milk Strawberry Skim Milk 1% Unflavored Milk Chocolate Skim Milk	Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast Fruit 100% Fruit Juice Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast Fruit 100% Fruit Juice Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDAs TARGET Center at [\(202\) 720-2600](tel:(202)720-2600) (voice and TTY) or contact USDA through the Federal Relay Service at [\(800\) 877-8339](tel:(800)877-8339).

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling [\(866\) 632-9992](tel:(866)632-9992), or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
- **fax:** [\(833\) 256-1665](tel:(833)256-1665) or [\(202\) 690-7442](tel:(202)690-7442); or
- **email:** program.intake@usda.gov

This institution is an equal opportunity provider.

March 2023

O'Neill Elementary, Grades PK-6 2022-2023 Lunch, Grades K-5

		01	02	03
<p>06</p> <p>Entree</p> <ul style="list-style-type: none"> * Pizza Pinwheels * Mini Corn Dogs * Fajita Shaker with Tortilla Chips <p>Vegetables</p> <ul style="list-style-type: none"> Peas <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>07</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Chicken & Noodles w/ Dinner Roll * Country Fried Steak with Dinner Roll * Fresh Baked Ham & Cheese Sub <p>Vegetables</p> <ul style="list-style-type: none"> Mashed Potatoes with Country Gravy <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>08</p> <p>Entree</p> <ul style="list-style-type: none"> * Beef Taco in a Bag * Crispy Chicken Sandwich * Ham & Turkey Charcuterie Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Refried Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Fresh Baked Chocolate Chip Cookie <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>09</p> <p>Misc.</p> <ul style="list-style-type: none"> No School 	<p>10</p> <p>Misc.</p> <ul style="list-style-type: none"> No School
		<p>01</p> <p>Entree</p> <ul style="list-style-type: none"> * Super Nachos * BBQ Rib Sandwich * Chicken Gyro Shaker with Fire Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Zesty Black Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Apple Crisp <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>02</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Loaded Hash Browns with Biscuit * Twisted Dog * Fresh Baked Italian Sub <p>Vegetables</p> <ul style="list-style-type: none"> Steamed Broccoli Florets <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>03</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Glazed Chicken over Rice * Cheese Pizza * Pepperoni Pizza * Roasted Ham & Cheddar Deli Wrap <p>Vegetables</p> <ul style="list-style-type: none"> Steamed Carrots <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk

<p>13</p> <p>Entree</p> <ul style="list-style-type: none"> * French Toast Sticks with Eggs * Cheeseburger * Crispy Chicken Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Hash Brown Triangle <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>14</p> <p>Entree</p> <ul style="list-style-type: none"> * Beef Stroganoff with Dinner Roll * Mozzarella Bosco Sticks with Marinara Dipping Sauce * Fresh Baked Combo Sub <p>Vegetables</p> <ul style="list-style-type: none"> Lemon Herbed Broccoli and Cauliflower <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>15</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Beef Chili with Crackers and Dinner Roll * Hot Dog * Southwest Shaker with Tortilla Chips <p>Vegetables</p> <ul style="list-style-type: none"> Golden Corn <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>16</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Cheeseburger Macaroni Skillet with Garlic Breadstick * Popcorn Chicken with Garlic Breadstick * Fresh Baked Ham & Cheese Sub <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>17</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Scalloped Potatoes & Ham * Cheese Pizza * Pepperoni Pizza * Fajita Deli Wrap <p>Vegetables</p> <ul style="list-style-type: none"> BBQ Baked Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Fresh Baked Holiday Cinnamon Bun <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
<p>20</p> <p>Entree</p> <ul style="list-style-type: none"> * Pizza Pasta Bake w/ Garlic Breadstick * Chicken Nugs with Garlic Breadstick * Chicken BLT Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>21</p> <p>Entree</p> <ul style="list-style-type: none"> * Chicken Pot Pie * Baked Pork Fritter * Fresh Baked Italian Sub <p>Vegetables</p> <ul style="list-style-type: none"> Mashed Potatoes with Chicken Gravy <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>22</p> <p>Entree</p> <ul style="list-style-type: none"> * Soft Shell Beef Tacos * Crispy Chicken Sandwich * Crispy Chicken Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Mashed Potatoes with Chicken Gravy <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>23</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Chicken Ranch Pasta with Breadstick * Corn Dog * Fresh Baked Ham & Cheese Sub <p>Vegetables</p> <ul style="list-style-type: none"> Herb Roasted Broccoli <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Rice Crispy Treat <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>24</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Tater Holdish with Dinner Roll * Cheese Pizza * Pepperoni Pizza * Turkey Combo Deli Wrap <p>Vegetables</p> <ul style="list-style-type: none"> Golden Corn <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
<p>27</p> <p>Entree</p> <ul style="list-style-type: none"> * Hot Pepperoni Sub * Test Your Senses- Donut Cheeseburger * Taco Shaker with Tortilla Chips <p>Vegetables</p> <ul style="list-style-type: none"> Candied Carrots <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk 	<p>28</p> <p>Entree</p> <ul style="list-style-type: none"> * Beef Taco in a Bag * Crispy Chicken Sandwich * Fresh Baked Ham & Cheese Sub <p>Vegetables</p> <ul style="list-style-type: none"> Golden Corn <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Cookie Dunk <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk 	<p>29</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Goulash * Mozzarella Bosco Sticks with Marinara Dipping Sauce * Chicken Charcuterie Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Mixed Vegetables <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk 	<p>30</p> <p>Entree</p> <ul style="list-style-type: none"> * Grilled Cheese Sandwich with Creamy Tomato Soup * Popcorn Chicken with Dinner Roll * Fresh Baked Combo Sub <p>Vegetables</p> <ul style="list-style-type: none"> Baked Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk 	<p>31</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Chicken Burrito Supreme * Cheese Pizza * Pepperoni Pizza * Crispy Chicken Deli Wrap <p>Vegetables</p> <ul style="list-style-type: none"> Baked Tator Tots <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk