One of our district’s drivers is Family Engagement. The research shows that parents play a key role in their children’s academic success. A recent article from The Russell Sage Foundation Journal of the Social Sciences, highlights the importance of families “setting the stage” to boost success. This means providing a secure home; making sure children have good attendance; being supportive of academics as well as social development (ie: playing outside, being around other children, participating in sports, scouts, etc.); showing confidence in your child’s intelligence and fostering a positive environment. A parent’s influence shapes a child’s self-concept, aspirations, and future possibilities. Because lives are so busy, please know that what you do at home makes a BIG difference in your child’s education. All of us at CRS look forward to working with every family to support your child’s learning.
GRADE LEVEL NEWS

**Kindergarten:**
Kindergarten started off the year with a bang! We learned reading, writing, and math by using a workshop model. A lesson is taught, the kids practice a skill independently or in small groups, then we come back and meet as a whole to share what we've learned. We are learning the routines and how to use materials correctly and move about the room quietly. We've had our first few weeks of homework. Be sure to return the work on Friday and most importantly, read with or to your child everyday! Keep the paper books in a baggy by their bed so they can read them on their own. Please remember to label all belongings as it helps us find rightful owners! It's been a pleasure getting to know your children and we look forward to an exciting journey!

**Grade One:**
The first grade classes have started Reader's Workshop! This is a great way for our students to practice reading skills at their own individual levels. We are working on building our stamina as independent readers and polishing up our “partner talk.”

We are currently assessing all first graders to determine foundational skills and individual reading levels. We are finding your child’s independent level, (where they successfully read on their own) as well as their instructional level (the level we use to develop your child’s reading skills). Our goal for year’s end is for them to be reading on an independent level of I.

**Grade Two:**
Second grade has been off to a great start! We have been working hard to learn new routines and to meet classroom expectations. In reading, we have started studying fairytales, folktales, and fables. Students are learning the story elements. Soon we will dive deeper into character, setting, problem, events, and solution. In writing, students have been working on stretching out small moments to make their paragraphs more elaborate. We are reviewing and learning new strategies to help us add and subtract large numbers.
GRADE THREE:

September has been a busy month in third grade! In Language Arts, the students are reading folktales and then writing their own adaptation to the story. They are also identifying character traits and the lessons learned in folktales and discussing ways they can apply the lessons to their own lives. In math, the focus has been telling time to the nearest minute. This is something that can easily be practiced at home using an analogue clock or changing the setting on any electronic device to show the analogue clock. We will be moving into units of metric measure next. Students are also learning about parts of maps and cardinal directions. Teachers are rotating to different classrooms to work on these skills. Students are also participating in Second Step our social and emotional curriculum. They are learning how to positively handle school situations, how to be kind, and be a friend to all.

GRADE FOUR:

We have had a very busy start to our 4th grade year! In math, we have begun place value up to the millions place. We are practicing reading numbers, writing numbers in different forms and multiplying and dividing numbers by 10. In reading, one of the essential questions that is guiding our learning is "How and why do people change and grow?" We are digging deep into the characters in The Tiger Rising by Kate DiCamillo to explore this further. In writing we have begun our personal narratives. We began with "seed ideas" and are making them grow into stories by adding feelings, details and descriptions to paint a picture for our audience. We were so fortunate to be able to attend the Belding Nature Preserve on our field trip and spent the day kicking off our science curriculum this year by exploring erosion, competition, animal adaptations and pollution of habitats. Constitution Day was on September 17th, so we spent some time discussing the importance of the constitution to our country and what it means. We also have started our map skills unit by looking at the imaginary lines of latitude and longitude that circle our earth and help us find directions. We began our intervention block each day and students throughout the grade are working on fact fluency, problem solving, creative writing, reading fluency, comprehension and enrichment. In our team building/Second Step program we are reading the book Wonder by R.J. Palacio and discussing empathy. There have been some insightful conversations during our reading and group work. One of the quotes that is recurring in our discussions of the book is, "When given the choice of being right or being kind, choose kind." We are fortunate to have a variety of online programs that students can access at home to practice math facts and other valuable 4th grade skills. We encourage you to have your child use these programs in the evening and/or on weekends to continue to build these skills.
GRADE FIVE:

Our fifth graders are adjusting to the new routines and demands of fifth grade. We are delving into our first units in all subjects. Reading has begun with a compelling read aloud, "Wonder", which the children are enjoying very much. We have also read and analyzed a lot of poetry, identifying and interpreting figurative language and symbols as we move toward learning about theme. The students are writing small moments and short narrative stories. In math we are well into the Place Value unit which this year extends to decimals to the thousandth place. Our first field trip (October 13) will be to the Nathan Hale Homestead where students will learn about life in the revolutionary war period (the focus of our social studies unit) and our state hero. In October, we will also have a four-day workshop where the students will learn about light and photography. The first unit in science is "Matter" - atoms, changes in matter, and different forms of matter. We are looking forward to an exciting and productive year with our students, working together with parents and families.

NOTES FROM THE ART ROOMS:

Center Road School's art classrooms have new and returning teachers, this year. Miss Sable comes from Maple Street School to teach our pre-k classes. Mrs. Edlin, who also teaches at Northeast School, and Mrs. Robinson are our k-5 art teachers. For the fall, Mrs. Numi is substituting for Mrs. Edlin, while newborn baby Luna has time at home with "Mommy". Mr. Cheaman is our guest, volunteering his time and talent each day, helping out in some art classes. The students enjoy him very much and love to watch him draw. They were so surprised when he told them, "In my art training I was not allowed to use an eraser until I was in high school". Imagine that!

Our art teachers believe every parent's hopes and dreams for their child should include developing basic drawing skills. The five of us learned to draw because our parents told us they wished they could draw better and they encouraged us to draw often, believing we would learn with practice. We are so glad they did! All C.R.S. art students are participating in Square 1 Art https://www.square1art.com Many children are already talking about earning money to buy their art printed on a backpack tag, or something equally fun. More information about this will be coming home soon.

NOTES FROM THE MUSIC ROOM:

Room 8 is filled with enjoyment as our youngest students practice moving to the beat and experimenting with their voices. Kindergarten and grade one children have been discussing and utilizing four different ways of
using their voices. Ask them to name and demonstrate the various ways their voices can be used. Of course in music class, the focus will be on singing. We have also been busy emphasizing moving to a steady beat. This has been practiced in a variety of ways, in games, songs and even marching in a parade. These concepts are the basic foundation from which our students will start to develop a solid music education.

NOTES FROM OUR P.E. DEPARTMENT:

This past month, students in Kindergarten through grade 2 have been working on spatial awareness and locomotor skills while students in grades 3 through 5 have been working on cooperative games and fitness activities. Next month, the focus for Kindergarten through grade 2 will continue to be on locomotor movements, as well as manipulative skills. Grades 3 through 5 will begin the CT State Physical Fitness testing. Also in September, students in grades 1-5 participated in the Brain Boost Fitness challenge which encouraged participation in daily exercise outside of the school day. Fitness for a lifetime is one of the goals of our physical education program. One of the keys to a healthy body is exercise. Therefore, I am asking your help in promoting our monthly challenges. These challenges are created to help the children find fun and exciting ways to improve their fitness, while motivating them to be more active. Studies have shown that all children ages two and older should participate in at least 60 minutes of enjoyable, moderate-intensity physical activities every day. Kids who are active will not only experience the health benefits of regular exercise, but also sleep better, are more successful in school, and are better able to handle any physical and emotional challenges. Joining your child(ren) in physical activities or daily exercise would be a great way to spend quality time together. To maximize the fun, be creative in the ways you approach exercise with your child! You can do a dance, run laps around the neighborhood, help them walk the family pet, plan outdoor activities, create mini obstacle courses, etc. There are so many reasons to keep on top of your children’s health. Being the person that inspires them to be active may be just the thing that inspires you to never stop once you start.

**Friendly reminder to wear sneakers on your day for P.E.**

UPCOMING EVENTS:

*Road Runners Running Club has begun during recess for students in grades 3 through 5

*The Cross County Challenge is coming! The meet is open to all students in Vernon Elementary Schools in grades K-5. Experience with running is NOT necessary. The Family event stresses participation and fun. All participants will be acknowledged for their efforts. Pre-registration is required by Friday October 20th. Participation is FREE. Fliers this year will be distributed to students digitally through the BOE’s email. Parents can also register their children online through the website; http://www.vernonrec.org/info/activities/program_details.aspx?ProgramID=29910. The latest registration forms can be accepted is 1:00pm on Friday October 20th.

Center Road School is the current trophy holder so we need to get as many participants as possible so we keep that trophy for another year!
NOTES FROM THE READING LAB:

Welcome Back from the Reading Lab!

Being able to stick with reading for increasingly longer periods of time will benefit our students as they progress to longer and more complex texts. At the beginning of the year, teachers are constantly building the reading stamina of their students. Here are some ideas from www.readingrockets.org you can do to help your child build their reading stamina at home:

1. Vary the way the reading is done. Parents can think about this in terms of having their child "read to himself, read to someone, and listen to reading." Some combination of the three should make up the reading time, especially for new or struggling readers.

2. Choose "just right" books. If your child is at a stage of being able to read alone, help him choose books that he is able to read independently. This means he should be able to decode almost every word in the book correctly. In this situation, avoid using books that are too difficult to read alone. If your child will be reading with you, choose books that are lively and engaging.

3. Set reasonable goals. Most toddlers and preschoolers find it difficult to sit for long periods of time, even with the most engaging book! When starting out, limit book time to just a few minutes and work up from there. For elementary aged readers, consider starting with 10-15 minutes of reading time, and work up from there. Add a few minutes to your reading time every week or so.

4. Celebrate progress. Without getting too caught up on the number of minutes spent reading, celebrate the time that is spent reading. Share your favorite parts of books read, plan the next visit to the library, and share progress with other family members.

Spending longer periods of time reading means fewer interruptions and more time reading what you love. As your child moves into higher grades, having reading stamina will help your child navigate the longer texts and assignments. Using these tips can help develop more stamina in your reader.

NOTES FROM MS. HAYWARD'S MATH CORNER:

Ms. Hayward's On Your Way With Math! newsletter is attached.
NOTES FROM MRS. DAVIS & MRS. SCHIFFMACHER:

Happy fall Center Road families! It is so nice to see all of these smiling faces every day! The start of the new school year is a great time to begin building wonderful school memories, but is can also be challenging for students and families. We thought it would be helpful to provide some tips for your family as you transition into the new school year.

1. Establish a Bedtime: Getting enough sleep helps your child stay health and prepared for a busy day of learning. Depending on their age, children need these hours of sleep:
   - Ages 1-3 years = 12-14 hours of sleep
   - Ages 3-5 years = 11-13 hours of sleep
   - Age 5-12 years = 10-11 hours of sleep

2. Create Routines/Procedures at Home: Routines and procedures help children understand what values you deem most important, and it allows children to feel a sense of belonging and consistency. Some examples of routines include:
   - Establish a homework time and place
   - Create a place for backpacks and school materials
   - Determine how much time your child will read each evening
   - Set limitations on TV/game time during the school work
   - Prepare a weekly schedule of activities
   - Decide which chores will be completed on school nights
   - Give lots of HUGS and ENCOURAGEMENT!

3. Eat Dinner Together: families who eat together develop a strong parent/child bond and studies show that children perform better academically when they eat together in the home.

NOTES FROM MR. AMES, OUR SCHOOL CLIMATE SPECIALIST:

If you are dropping your child off in the morning, please follow our morning drop off procedures that came home in the welcome back packet on the first few days of school. If you would prefer to park and walk your child into the building, our front doors will be unlocked for students at 8:00am.

Also, a reminder that ALL visitors to the school must present a valid government issued photo ID and must sign in at the office before entering our building during school hours. Your photo ID must be presented each and every time you visit. Please refer to the Visitor Management System FAQ that was included in the welcome back packet or contact me if you have any questions about this important policy.

We appreciate your cooperation in keeping Center Road School a safe place to be!
NOTES FROM THE NURSE’S OFFICE:

Welcome back! We hope you have had a wonderful, healthy and restful summer. We are pleased to announce that Michelle Harlow will soon be assuming the position of School Nurse here at Center Road School.

Attached is a form that includes all the standing order medications that we are permitted to administer to your child, with your permission should the need arise. Please note that we will not administer medication such as Acetaminophen, Ibuprofen or Generic Benadryl with contacting you first, even if the form is signed. Please fill out the form, sign the back, and return it to school as soon as possible.

Also please remember if you child is going to be absent from school, please call the Health Room at 860-870-6307. If I am not available you may leave a confidential message on the voice mail.

As always please remember that if you child is sick, they must be free of vomiting, diarrhea, and/or fever for 24 hours without medication before they may return to school. This is our best defense not to spread illness throughout the school. Your assistance in adhering to this policy is greatly appreciated.

If you have any questions or concerns, please do not hesitate to call us at 860-870-6307.
Thank you.
Peggy Stickel, Nurse Supervisor
Michelle Harlow, RN

NOTES FROM THE OFFICE:

We are off to a wonderful start to our school year! We look forward to working with all of our families, and appreciate your cooperation with the following...

If your child will be absent from school, be sure to call the Nurse’s line at 860-870-6307 to report your student’s absence. If you are calling before school hours, please leave a voice mail for the Nurse with student’s name, homeroom teacher and reason for absence.

If you will be picking up your child early, please be sure to send in a note stating this with your student. This will help the office and their teacher to be better prepared for their dismissal. While we understand that there are sometimes last minute changes, we request that you notify the office of a dismissal change no later than 2:00pm. Please keep in mind that a note or a phone call is required for students to change their normal dismissal schedule. If we do not have this information from the parent, the child will need to follow their normal dismissal schedule.

Parent Handbooks were sent home with each student. Please be sure to complete the last page and return it to your child’s teacher.

As always, we are here to help with any questions or concerns you may have, and wish all of our CRS families a happy and healthy October!
**NCTM:** National Council of Teachers of Mathematics

**Web Link:** (In English, Spanish, and French)  
http://www.nctm.org/resources/families.aspx

This website offers help for families with links to answer the following questions:  
**Why does my child’s math look different?**  
This article explains that today’s math is based on understanding math skills rather than memorizing math facts. Students are required to have a greater understanding of math so they can solve real-life problems.  
**What can I do to make sure my child succeeds in math?**  
The number one answer to this question is to get involved with your child’s education. This article provides a list of questions you can ask your child’s math teacher. This article also explains the benefits of letting your child study with a friend.  
**Math homework is due tomorrow—how can I help?**  
Ask your child questions and encourage him/her to solve the problem. Ask your child what they know about the problem and what they are trying to figure out. Encourage them to draw pictures or use a strategy they have used in class. According to the NCTM, “The best thing you can do is ask questions. Then listen to what your child says. Often, simply explaining something out loud can help your child figure out the problem. Encourage your child to show all work, complete with written descriptions of all thinking processes. This record will give your child something to look back on, either to review or to fix a mistake, and can also help the teacher understand how the problem was solved.” **Help your child make connections with math by showing them how you use it every day in life!**

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**Recommended Reading**

**Addition:** *Pigs Go To Market* by Amy Axelrod  
**Subtraction:** *Twenty is Too Many* by Kate Duke  
**Multiplication:** *Times Tables the Fun Way* by Judy Liautaud & Dave Rodriguez  
**Division:** *One Hundred Hungry Ants* by Elinor Pinczes  
**Place Value:** *How Much is a Million?* by David M. Schwartz

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**Interactive Skill Building Websites**

- [www.aaamath.com](http://www.aaamath.com)  
- [www.aPLUSmath.com](http://www.aPLUSmath.com)  
- [www.funbrain.com](http://www.funbrain.com)

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**Interactive Problem Solving Websites**

- [http://www.spacetime.us/arcade/Broken_Calculator](http://www.spacetime.us/arcade/Broken_Calculator)  
  Race the clock to create numbers using only the broken keys given.  
- [http://www.elf.org/mankala/Mankala.html](http://www.elf.org/mankala/Mankala.html)  
  Play this interactive version of Mankala.

Miss Hayward will be adding a student section in next month’s newsletter. Students should submit helpful math tips for other students to room 20 and look for them in the November newsletter!
Vernon Public Schools has standing orders from our district medical advisor for the administration of some medications for students if we have written permission from the student's parent/guardian. If you wish to allow your child to have access to the following orders, please complete this form and return it to your school nurse.

Please Print

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<th>Student Last Name, First Name</th>
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Allergies: ______________________

School: RHS, VCMS, CRS, LSS, MSS, NES, SRS

Grade

INITIAL BELOW FOR WHICH YOU ARE GIVING PERMISSION

☐ I approve all medications listed below

☐ I do not want any OTC meds given to my student

Over the Counter (Non-prescription) Medications

**Acetaminophen:** (Generic Tylenol) every four to six hours based on the student's weight, for the following reasons:
- Headache without injury or fever
- Menstrual cramps
- Dental pain under treatment
- Fever over 102 degrees orally when parent/guardian gives telephone permission and are on the way to pick the student up.

☐ (you may select Acetaminophen, Ibuprofen or both)

**Ibuprofen:** (Generic Motrin) every six to eight hours based on the student's weight, for the following reasons:
- Headache without injury or fever
- Menstrual cramps
- Dental pain under treatment
- Fever over 102 degrees orally when parent/guardian gives telephone permission and are on the way to pick the student up.
- Muscular/joint aches for high school students only for one week, parent needs to be notified

☐ (you may select Acetaminophen, Ibuprofen or both)

**Antibiotic Ointment:** for abrasions and minor lacerations

**Calamine/Caladryl:** may be used topically for minor skin irritations.
Cough Drops: sugar-free with menthol may be given for minor throat irritations without fever in only in grades 6 through 12.

Calcium Carbonate/Tums: age appropriate dose, may be given for minor stomach discomfort without fever.

Diphenhydramine HCl (Generic Benadryl): for generalized allergic reaction.
Prekindergarten-Grade 3: 2 teaspoons, 25 mgs Swish and Swallow.
Grade 4-12: 4 teaspoons, 50 mgs Swish and Swallow.
each teaspoon (5mLs = 12.5 mg)

Oragel/Anbesol: Generic topical analgesic may be used for canker sores, for tooth eruptions and orthodontic discomfort.

Lubriderm skin lotion

Petroleum Jelly: for dry skin or chapped lips.

Sting relieving swabs or wipes: use topically for insect bites or stings. See standing orders for more serious reactions.

Saline: for use as a solution for contact lenses.

Sunscreen: per package directions, supplied in sealed package by the parent. To be applied by the student or school nurse only. This activity cannot be delegated.

Pregnant/Breastfeeding Students: will need physician authorization for the administration of medication by school personnel for all medications.

Over-the-counter medications will not be given for more than three consecutive days without an order from a physician.

By signing below, you are giving Vernon Public School Nurses permission to administer the medications checked above as required and agree that all known allergies are listed above.

☐ By checking this box, I authorize the name below to stand as my electronic signature, and submit this form as my intention and will.

Parent/Guardian Signature

Date

Parent/Guardian Printed Name

Daytime Phone Number

This form is good for Current School year only.
# OCTOBER 2017

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<td>2. Fruit Yogurt/Pretzel (V)</td>
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<td>2. Egg Patty &amp; Cheese Sandwich (V)</td>
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<td>Fresh Veggie Tray</td>
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<td>Columbus Day</td>
<td>2. Egg Patty &amp; Cheese Sandwich (V)</td>
<td>2. Fruit Yogurt/Ham Cracker/Cheese stick (V)</td>
<td>2. Turkey Ham &amp; Cheese Sandwich</td>
<td>2. Veggie Pizza (V)</td>
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<td></td>
<td>2. Turkey Wrap/WG Wrap</td>
<td>Potato Wedges</td>
<td>Corn</td>
<td>3. Tuna on Wheat</td>
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<td></td>
<td>Fresh Veggie Tray</td>
<td>Fresh Veggie Tray</td>
<td>Fresh Veggie Tray</td>
<td>Romaine Salad with Mini Tomatoes</td>
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<tr>
<td>1. WGR Penne (V) with Meat Sauce</td>
<td>1. Crispy Chicken Sandwich</td>
<td>1. Chicken Fajita Wrap</td>
<td>1. French Toast Sticks w/ Sausage</td>
<td>1. Cheese Pizza</td>
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<tr>
<td>2. Egg Patty &amp; Cheese Sandwich (V)</td>
<td>2. Toasted Cheese Sandwich</td>
<td>2. Turkey Fajita Wrap</td>
<td>2. Turkey &amp; Cheese on WGR Wrap</td>
<td>2. Veggie Pizza (V)</td>
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<tr>
<td>Corn</td>
<td>Green Beans</td>
<td>Steamed Broccoli</td>
<td>Potato Wedges</td>
<td>Tuna on Wheat</td>
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<td>Fresh Veggie Tray</td>
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<tr>
<td>2. Turkey &amp; Cheese on WGR Wrap</td>
<td>2. Veggie Stir Fry/Brown Rice (V)</td>
<td>2. Garden Salad w/ WW Tortilla &amp; Cheese Stick (V)</td>
<td>2. Turkey &amp; Cheese on WGR Wrap</td>
<td>2. Veggie Pizza (V)</td>
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<td>Fresh Veggie Tray</td>
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<td>Fresh Veggie Tray</td>
<td>Mixed Vegetable</td>
<td>Romaine Salad with Mini Tomatoes</td>
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<td>1. Teriyaki Chicken Sandwich</td>
<td>1. Toasted Cheese Sandwich (V)</td>
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<td>2. Egg Patty &amp; Cheese Sandwich (V)</td>
<td>2. Turkey &amp; Cheese on Wheat Steamed Broccoli</td>
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<td>Steamed green beans</td>
<td>Fresh Veggie Tray</td>
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| Lunch Prices
RHS | $3.15 per day
VCMS | $2.90 per day
Elementary | $2.65 per day

Regular, Strawberry and Chocolate Milk are available with all meals

*Menu subject to change*

Items marked with (V) are the vegetarian selections for the day

Bring a lunch from home and milk is available for just 45 cents

mySchoolbucks is now available for online payments for your student's lunch account. Log onto https://www.myschoolbucks.com to set up an account.

Marilys Rojas-Leon
Administrative Assistant
mrojas-leon@vernon-ct.gov

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