



Saint Hilary School

Where faith, family, and academics thrive!

Dear Parent/Guardian,

January 27, 2016

Catholic Schools Week begins on Sunday, January 31st. This is an important week when we celebrate the unique opportunities of choosing Catholic education for your child. Sunday will be filled with ways to celebrate our faith, family, and academics.

- We will celebrate our faith with a 10:00 Family Mass.
- We will celebrate our families with a Pancake breakfast hosted by the Family School Association.
- We will celebrate our academics with an Open House from 11:30 a.m. – 1:30 p.m. Activities will be held in each of our classrooms.
- Registration kicks off for the 2016-2017 school year.
 - Two families will be chosen to receive free registration when you register on this day. A raffle will be held and the two winners will be chosen at the end of the day.
 - Each family will receive a gift upon registration
 - Each child who registers on Sunday will receive an out-of-uniform pass
 - Check out our Scavenger Hunt for a special prize raffle!

Remember to assure a seat for your child next year and register early. Take advantage of the Registration Raffle on Jan. 31st for a chance to win free registration fees. Families who register on Jan. 31st will receive a 50% discount on the registration fees. If you know any families who are looking for a quality, caring Catholic school for their child invite them to all of our activities on Sun. Jan. 31st and please share their contact information with me so that I am able to extend the invitation as well. Thank you for your assistance in growing St. Hilary School.

Your registration packet for the 2016-2017 school year will be sent home on Friday, January 29th with your child. Please keep a look out for it. This year we will be implementing a new on-line registration process. It is our hope that this will make registrations easier for you and help us to keep all information compiled more efficiently. If we have a current email address on file for you, you will be receiving an email from Infosnap with a personal “Snap Code” that you will need to complete the on-line registration form. You will have the ability to reregister on Sunday using either a paper form or utilizing a computer to register on-line.

We will continue to celebrate Catholic Schools Week with many different activities throughout the week. Check out the flyer in today’s envelope with the schedule of events.

Catholic Education:

Catholic Schools Week is a time when we celebrate and focus on the value that Catholic education provides to our young people and its contributions to our church, our communities, and our nation. I personally understand the sacrifices that each of you make while providing your child with a quality Catholic education and I appreciate that you make this a priority. I wanted to share some information with you. Students who receive a Catholic education:

- **Have a 97% higher graduation rate than public school students**
- **Are ranked #1 in participating in civic and community activities**
- **Have higher attendance rates**
- **Have lower dropout rates**
- **Have a higher retention rate in college**
- **Participate in and attend church more often**
- **Participate more in community service**

Educating your child until 8th grade is not our ultimate goal; it is to prepare your child to be successful in high school, college, and beyond in all aspects of their lives. Parents of children in junior high, please be aware of the fact that Catholic high schools are able to provide more financial assistance than an elementary school can. I hope that you are able to take some time to look into this option for your child so that they may continue to receive a Catholic education in their high school years. Please know that if you have any questions I am always here to help in any way I can.

Thank you:

Thank you to Mrs. Rhodes for a fun evening of painting last Saturday. She truly helped us all see that we have some artistic talents. The response was extremely positive and requests were quickly made for another painting party. Stay tune for details on your next opportunity to show your creative side. Pictures are posted on our St. Hilary Facebook page for you to enjoy. Thank you to Ms. Lamorena for encouraging us to share our musical talents as well with some Karaoke.

Mark your calendars:

Technology is growing each day and while it gives us many advantages in how we communicate and live our daily lives it is something that all of us need to be educated on. Det. Charles Hollendonner from the Chicago Police Department Special Investigations Unit has graciously offered to return to St. Hilary to present an internet safety presentation on February 4th for the children. There will be two separate presentations for the children so that he can vary the information according to the children's ages. He will also be here in the evening 6:30 – 8:00 p.m. for a special parents' presentation. It is extremely important that we, as parents, are well informed

and knowledgeable about the internet to keep our children safe. I highly encourage all parents to attend this very important presentation!!!

Saturday, February 6th test your trivia skills when the Alumni Association hosts our Annual Quiz Night. This is a fun “adults-only” event where you can test your wits with other families, friends, and even the teachers. Gather 10 people and sign up today – see the flyer in today’s envelope. It would be so much fun if you gathered 10 parents from your child’s class to see how well you can match up with the teacher’s table. This is a wonderful event for you to socialize with the other parents in your child’s class.

Contents of this Wednesday’s envelope:

- SCP flyer
- FSA Pancake Breakfast and volunteer flyer
- Catholic Schools Week flyers
- Internet Safety Presentation flyer
- LLS Kick-off flyer
- Alumni Quiz Night flyer
- Box top and Red Robin flyers
- February lunch menu

Mark your calendars:

- Fri. Jan. 29th – half way point of 2nd trimester, please make sure all your financial obligations are current
- Sun. Jan. 31st – Kick-off for Catholic Schools Week
- Wed. Feb. 3rd – Teacher/Parent Appreciation Day
- Thurs. Feb. 4th – Internet Safety Presentation 6:30 p.m. in the cafeteria for parents only

Progress reports sent home

- Fri. Feb. 5th – Kids Day – 11:30 dismissal for Parent-Teacher Conferences
- Sat. Feb. 6th – Alumni hosts Quiz Night, see enclosed flyer

Emergency Closing/Cold Weather

Cold weather: Students will be kept in for indoor recess when the temperature is below 25 degrees (actually or with wind chill) or in wet rainy/snowy conditions. Please make sure your child comes prepared to go outdoors – gloves, scarf, hat or hood. This is especially true of those who are on patrol.

Emergency Closing Information

Our SchoolReach system will notify you either by phone or email in the event of our school closing due to weather. In addition, emergency closing information will be announced on WBBM Radio Newsradio 780 and WGN Radio 720. The television stations to watch are CBS Channel 2 Chicago, Channel 5, ABC Channel 7 Chicago, WGN Morning News, Fox 32 and CLTV News. On-line you may access information at www.EmergencyClosings.com. Our website www.sthilarychicago.org will also have closing information. We will close if the Archdiocese closes and if CPS Closes – extremely rare events. **You should choose, based on your own judgment and situation, whether or not to keep your child(ren) home.**

Please check out the Peek at the Week for a look at the week ahead.

As always, if you have any questions please feel free to contact me at school 773-561-5885 or by email donovan@sthilarychicago.org.

Gratefully,

Mrs. Kathie Donovan

Mrs. Kathie Donovan, Principal

A Peek at the Week

Week of February 1 - 5

Catholic Schools Week – Communities of Faith, Knowledge & Service

St. Hilary where faith, family, and academics thrive!

MONDAY: February 1st - Vocation/Service Day

Altar Servers: Truc, Tam

- ✓ Religious Education classes
- ✓ Women's Club members visit to read books to PreK – 4th grades
- ✓ LLS Pennies for Patients Kick-off – Relaxed Day see flyer
- ✓ Cadet Band 7 – 7:45 a.m.
- ✓ Concert Band 3 – 4 p.m.

TUESDAY: February 2nd - Family Day

Altar Servers: Brandon, Christine N.

- ✓ Student Council meeting- Officers and representatives

WEDNESDAY: February 3rd – Teacher Appreciation Day

Altar Servers: Adhrian, Thao

- ✓ 8:30 all school liturgy
- ✓ Cadet Band 7 – 7:45 a.m.
- ✓ Teacher switch at 10:00 – 10:40 a.m.
- ✓ 1:45 dismissal – faculty meeting
- ✓ Teachers will receive a special lunch courtesy of our School Board President

THURSDAY: February 4th - Community Day

Altar Servers: Ruel, Sabrina

- ✓ Cardinal Choir Practice 3:00 – 4:00 p.m. in Room 109
- ✓ Concert Band 7 – 7:45 a.m.
- ✓ **Internet safety presentations by Det. Charlie Hollendonor:**
10:00 – 10:30 1st – 4th grade 10:30 – 11:30 5th – 8th grade
Parent's only presentation 6:30 – 8:00 p.m. in the cafeteria

FRIDAY: February 5th - Kids' Day

Altar Servers: Isabella A., Zachary

- ✓ All school movie in the morning
- ✓ Relaxed Dress Code – theme: Lazy Day
- ✓ Movie treats courtesy of FSA and Student Council
- ✓ Faith Partner Bingo after the movie
- ✓ 11:30 dismissal – Parent/Teacher/Student Conferences 1 – 3 and 4:00 – 6:30 p.m.

SATURDAY: February 6th

Altar Servers: 8:30 a.m. volunteers

5:00 p.m. Ruel, Katrina, Toni

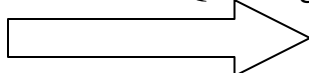
SUNDAY: February 7th

Altar Servers: 8:00 a.m. Truc, Christine and Sabrina N.

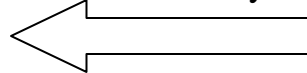
10:00 a.m. Miles & Sarah O., Camille

12:00 Noon Marina & Zachary M., Adhrian

Alumni hosts Quiz Night on Sat. February 6th - an adults-only event



Doors open at 6:30



Calling All Cardinals!



LEUKEMIA &
LYMPHOMA
SOCIETY®



Monday, February 1st is LLS Kickoff Day!

Bring at least a \$1 and show your St. Hilary Pride! Dress in St. Hilary colors or in St. Hilary spirit wear!



St. Hilary Cardinals! Building a community of Faith, Knowledge, and Service!

All proceeds will go toward our LLS donation for this year. Students will enjoy a kick off assembly during the day and hear about new incentives for your generous donations!



Catholic Schools Week

Join Us as We Celebrate Communities
of Faith, Knowledge & Service!

St. Hilary Celebrates Catholic Schools Week

January 31-February 5, 2016

Sunday 01.31.16 Registration Sunday	<ul style="list-style-type: none"> ★ Family Mass at 10:00: FSA Pancake Breakfast 9-noon ★ Open House in classrooms from 11:30-1:30: ★ Registration begins for the 2016-2017 school year
Monday 02.01.16 Vocation/Service Day	<ul style="list-style-type: none"> ★ Woman's Club reads to Pre-K-4th grade: Grades 5-8 will make thank you notes to deliver to various community members ★ LLS kick -off: Pay \$1 to dress down and the proceeds will go toward our LLS donation. Theme: St. Hilary Pride: Wear the school colors or St. Hilary spirit wear
Tuesday 02.02.16 Family Day	<ul style="list-style-type: none"> ★ Students will bring home a small token of our appreciation for the wonderful families of St. Hilary!
Wednesday 02.03.16 Teacher Appreciation Day	<ul style="list-style-type: none"> ★ 8:30 All School Mass ★ Teachers get a relaxed dress down day! ★ Lunch will be provided for the faculty
Thursday 02.04.16 Community Day	<ul style="list-style-type: none"> ★ Gift baskets will be delivered to various community members. ★ Presentation by Officer Charlie Hollendonner on Internet Safety during the day for the students and in the evening for the parents
Friday 02.05.16 Kid's Day (11:30 dismissal for parent/teacher conferences)	<ul style="list-style-type: none"> ★ Lazy Day ★ Dress Down day for all ★ All school movie in the gym with treat ★ BINGO with faith partners.



St. Hilary School

5614 N. Fairfield Ave.
773-561-5885
www.sthilarychicago.org

**Join us to learn about our caring community where
faith, family and academics thrive.**

OPEN HOUSE

**Sunday, January 31, 2016
11:30 a.m. to 1:30 p.m.**

Pancake breakfast – 9:00 a.m. to 12 noon

PROGRAM INCLUDES:

Curriculum Rooted in the Common Core
Accelerated Math and Reading Programs
C.A.M.P.S. program
(Computer, Art, Music, P.E., Spanish)
Full-day Kindergarten
Preschool full-day and half-day
Sports Programs
(Volleyball, Basketball, Football, Cheerleading)
After School Homework Help
Children's Choir and Band
Student Council
Rocket Club
Earth Savers and Green Team



Saint Hilary School

Where faith, family, and academics thrive!

The Top 5 Reasons to Register on Sun. Jan. 31th

5. You will guarantee your seat for the 2016-2017 school year.
4. Each family will receive a registration gift.
3. Each family will be entered into a special raffle.
2. Each family will be entered into the Registration raffle.
1. Each child will receive an out-of-uniform pass

Refer a friend to St. Hilary, earn a \$100.00 credit on your December tuition (pending their enrollment).



REGISTRATION RAFFLE

**All families who register on Sunday, January 31st
for the 2016-2017 school year will be entered
into a raffle for a \$100.00 discount on their registration fee.**

**The registration fee must be paid on Sunday, January 31st.
Two lucky families will receive the \$100.00 discount.
Drawing will be held at 1:30 p.m. after the Open House.**

GOOD LUCK TO EVERYONE!

**We look forward to sharing another wonderful school year
with you and your family.**



Catholic Schools Week

Pancake Breakfast



\$5 for adults

\$3 for children 3-13

**FREE for children
under 3**

Celebrate with us and support our amazing school!

Sponsored by the St. Hilary Family & School Association

volunteers needed

The Family & School Association is looking for helping hands at the Pancake Breakfast on Sunday, Jan. 31, in the cafeteria. This is a fantastic way to get to know others in the St. Hilary community, welcome prospective families, and earn service hours.

Available times and opportunities

***** We are in special need of volunteers from 10-12:30*****

Set up	7 – 9 a.m.
Greeters	8:30 a.m. – 10:30 a.m. 10:30 a.m. – 12:30 p.m.
Cooks	8 a.m. – 10 a.m. 10 a.m. – noon
Servers	8:30 a.m. – 10:30 a.m. 10:30 a.m. – 12:30 p.m.
Coffee stations	8:30 a.m. – 10:30 a.m. 10:30 a.m. – 12:30 p.m.
Dish/tray washers	10 a.m.— 1 p.m.
Clean up	Noon – 2 p.m.

How to volunteer

Return the form below by Friday, Jan. 29

Contact Maria Hench (773-620-0642 or mariahench@gmail.com)

Or signup online via VolunteerSpot at <http://vols.pt/xh8st8>

*** Please bring your service hour cards so you receive credit for volunteering.*

I'd like to volunteer for the Pancake Breakfast on Sunday, Jan. 31.

Name: _____

Phone: _____ email: _____

I can help ☐ set up ☐ greet ☐ cook ☐ serve ☐ wash ☐ coffee ☐ clean up

Please list what time(s) you are volunteering for

Please return this form by Friday, Jan. 29. Thank you for your volunteer service!

"Our children are our nation's most valuable asset. They represent the bright future of our country and hold our hopes for a better nation. Our children are also the most vulnerable members of society. Protecting our children against the fear of crime and from becoming victims of crime must be a national priority. Unfortunately the same advances in computer and telecommunication technology that allow our children to reach out to new sources of knowledge and cultural experiences are also leaving them vulnerable to exploitation and harm..."

-U. S. Department of Justice, FBI

**St. Hilary is proud to welcome back
Det. Charles Hollendoner**

Internet Safety for Parents

Presented by
Det. Charles Hollendoner
from the Chicago Police Department
Special Investigations Unit

Thursday, February 4, 2016

6:30—8:00 p.m.

in our school cafeteria

**Please consider attending this presentation
for the safety of your child. - We encourage you to tell your
friends. All are welcome!**



Due to the nature of the presentation children are not allowed at this event.
If you are in need of childcare please contact Mrs. Donovan .



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Red Robin

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OUR SCHOOL EARN SOME CHEDDAR!*

EXISTING MEMBER?

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account and select your school!

NEW MEMBER?

To sign up, just text[†]

JOIN and YOUR EMAIL
to 98666

(Example: JOIN youremail@email.com)

PLUS, RED ROBIN ROYALTY MEMBERS GET:



FREE birthday burger!



Every 10th item FREE



\$20 toward your 6th visit



Special military surprises



Exclusive surprises

LEARN MORE AT REDROBIN.COM/BETTERSCHOOLS



*1% of total sales less fees and excluding tax and gift card purchases will be donated to the school of your choice when you opt in, select an eligible school and use your Red Robin Royalty[®] account at participating Red Robin locations. See terms for additional details.

[†]Message and data rates may apply.



BUNDLE UP WITH BOX TOPS



Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school.
Bonus certificates should not be attached to this sheet - please submit them separately.
To see more ways to earn cash for your child's school, go to **BTFE.com**.



Saturday, February 6, 2016

**St. Hilary School Vacala Auditorium
5615 North California Avenue
Chicago, Illinois**

WIN MONEYTEST YOUR KNOWLEDGE**HAVE FUN**

Doors open at 6:30 PM

Trivia questions begin promptly at 7:00 PM

\$20 PER PERSON or \$200 PER TABLE (Tables of 10)

Register with a table or join a team that night

Bring in your own food and drink

Alcohol permitted

21 + age event

All money raised goes to St. Hilary School!

10 Categories

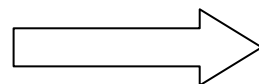
Winning Table \$500

10 Questions per Category

Best Theme Table \$100

A Community Event Hosted by St. Hilary Alumni Association

Registration form on the back of this flyer



Quiz Night Registration

CONTACT PERSON FOR TEAM:

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

TEAM MEMBERS IF KNOWN:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

I AM COMING AS A SINGLE PERSON, PLEASE ADD ME TO A TEAM:

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

AMOUNT ENCLOSED \$ _____

***Please return to the School or Rectory office
Attention: Alumni Association Quiz Night***

MAKE CHECK/S PAYABLE TO ST. HILARY SCHOOL



Next week is Catholic Schools Week! Why not buy SCP's for all your needs!

Bonus Rebate Offers in January: ShutterFly (7%) Jan 17th – Jan 30th.

You can now use your rebate towards reducing your tuition, your book fee, purchase gym uniforms, after school care, or add to your lunch card and as always you can buy more certificates, or donate your rebate to the school which would be used towards the school technology program

Remember, no order is too Big or too Small. It all goes to benefit our children.

- ❖ USE THEM TO SHOP INSTEAD OF CASH, CHECK, OR CREDIT.**
- ❖ ST. HILARY RECEIVES A COMMISSION ON EACH CERTIFICATE SOLD.**
- ❖ WE WILL SPLIT THAT COMMISSION "50-50" ON YOUR TOTAL PURCHASE FOR EACH QUARTER. IT CAN BE USED TOWARDS TUITION, BUY MORE CERTIFICATES OR DONATE IT TO THE SCHOOL.**
- ❖ "FACTS" PARTICIPANTS ARE ELIGIBLE FOR ALL THE BENEFITS OF THE SCP PROGRAM.**

**FOR MORE INFORMATION ON SCP* Email
KATHY ERNST @ ernst@sthilarychicago.org**

CERTIFICATES USUALLY ON HAND:

CERTIFICATE ORDERS RECEIVED BY FRIDAY WILL BE AVAILABLE ON TUESDAY OF THE FOLLOWING WEEK:

RESTAURANTS:

Burger King (2% rebate)	\$10 ____
Chili's (5.5% rebate)	\$25 ____
Chipotle (5.5% rebate)	\$10 ____
Dunkin Donuts (1.5% rebate)	\$10 ____
I Hop (4%rebate)	\$25 ____
Kentucky Fried Chicken (4.5% rebate)	\$5 ____
Lettuce Entertain You Restaurants (6.5% rebate)	\$25 ____
Lou Malnatis (3.5% rebate)	\$25 ____
Panera Bread (4.5% rebate)	\$10 ____
Olive Garden/Red Lobster (4.5% rebate)	\$25 ____
Panera Bread (4.5% rebate)	\$10 ____
Pizza Hut (4% rebate)	\$10 ____
Starbucks Coffee (3.5% rebate)	\$10 ____
Subway (1.5% rebate)	\$10 ____
Wendy's (2% rebate)	\$10 ____

SPECIALTY:

AMC-Cineplex-Sony-Lowes Theaters (4% rebate)	\$25 ____
AMC-Cineplex-Sony-Lowes Theaters (4.5% rebate)	\$9 ____
Fannie May (12% rebate)	\$20 ____
I Tunes (1.5% rebate)	\$25 ____
Mobil/Exxon (0.50% rebate)	\$50 ____
Shell Debit Card (1% rebate)	\$25 ____
Shell Debit Card (1% rebate)	\$100 ____
U.S. Postage Stamps 20 @ .49¢ (0% rebate)	8.8 ____

RETAIL:

Bath & Body Works (6.5% rebate)	\$10 ____
Best Buy (1.5% rebate)	\$25 ____
Carson Pirie Scott (4.5% rebate)	\$25 ____
Claire's (4.5% rebate)	\$10 ____
Dick's Sporting Goods (3% rebate)	\$25 ____
Gordon Food Service (1.5% rebate)	\$25 ____
Home Depot (2% rebate)	\$25 ____
Jewel-Osco (2% rebate)	\$25 ____
Jewel-Osco (2% rebate)	\$100 ____
Lowe's Home (2% rebate)	\$25 ____
Marianos (2% rebate)	\$25 ____
Marshall's/T J Maxx(3.5% rebate)	\$25 ____
Muller Meats (3% rebate)	\$20 ____
Old Navy,Gap,Banana Republic (2% rebate)	\$25 ____
Ross (5% rebate)	\$25 ____
Toy-R-Us (1.5% rebate)	\$20 ____
Walgreens (3% rebate)	\$25 ____
Wal-mart (1.25% rebate)	\$25 ____

ST. HILARY GIFT CERTIFICATE

CHOOSE THE AMOUNT \$_____

CERTIFICATE ORDERS (FROM BOTTOM SECTION) RECEIVED BY FRIDAY WILL BE AVAILABLE ON TUESDAY OF THE FOLLOWING WEEK:

RESTAURANTS:

	\$10 ____
	\$10 ____
Boston Market (6.5% rebate)	\$10 ____
Buffalo Wild Wings (3.5% rebate)	\$25 ____
Eduardo's Pizza (4% rebate)	\$10 ____
Houlihan's (4% rebate)	\$25 ____
Mrs. Fields Cookies (9% rebate)	\$10 ____
Outback Steakhouse (4% rebate)	\$25 ____
Red Robin (4.5% rebate)	\$25 ____

SPECIALTY:

Barnes & Noble (4% rebate)	\$10 ____
B P Gas (.50% rebate)	\$50 ____
Chuck E. Cheese (4% rebate)	\$20 ____
Honey Baked Ham (4.5% rebate)	\$25 ____
Hyatt Hotels (4% rebate)	\$25 ____
Oberweis (4.5% rebate)	\$10 ____
Timber Ridge Lodge (4.5% rebate)	\$25 ____

RETAIL:

Bed, Bath & Beyond (3% rebate)	\$25 ____
Build A Bear (4% rebate)	\$25 ____
Crate & Barrel (3% rebate)	\$25 ____
CVS Pharmacy (2% rebate)	\$25 ____
Eddie Bauer (4.5% rebate)	\$25 ____
Express (5.0% rebate)	\$25 ____
Foot Locker (4% rebate)	\$25 ____
Hair Cuttery (4% rebate)	\$10 ____
J C Penneys (2% rebate)	\$25 ____
Land's End (7% rebate)	\$25 ____
Lane Bryant (4% rebate)	\$25 ____
Mario Tricoci (4% rebate)	\$25 ____
Menard's (1.5% rebate)	\$25 ____
Office Depot (2% rebate)	\$25 ____
Office Max (2.5% rebate)	\$25 ____
Payless Shoes (6.5% rebate)	\$10 ____
Pier 1 Imports (4.5% rebate)	\$20 ____
Pottery Barn/Wm. Sonoma (4% rebate)	\$25 ____
Shutterfly (4.5% rebate)	\$25 ____
Sports Authority (4% rebate)	\$25 ____
Target (1.00% rebate)	\$25 ____
Target (1.00% rebate)	\$100 ____

Please note: When one or more companies are listed together, the certificates are good at either store.

NAME _____

ORDER TOTAL \$ _____

SEND WITH STUDENT * _____

PHONE NUMBER _____

WILL PICK-UP AT SCHOOL _____

Please make checks payable to: St. Hilary School

*PLEASE NOTE: St. Hilary School & its Board cannot be held responsible for any loss that may occur in transit.

Any Questions, Call Kathy Ernst (773) 989-9249.

ROOM # _____



St. Hilary School K-8 LunchSmart Menu February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
February 1 Oven-"Fried" Chicken Drumstick* Corn / Mashed Potatoes with Country Gravy Peaches Cinnamon Stix*	February 2 Beef Taco Scoopers with Corn Chips* & Garnish Cup Refried Beans California Blend Veggies Mixed Fruit	February 3 Bosco Sticks* with Marinara Dipping Sauce Green Beans Pineapple	February 4 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion, Garnish Cup & Salsa Applesauce	February 5 Half Day
Weekly Salad Special: Apple-Cranberry Chicken Salad with Pretzels* / Spotlight Fruit of the Week: Grapes + Other Fruits as Shown on Menu				
February 8 Rotini* with Homemade Meat Sauce Broccoli Peaches	February 9 Creole Chicken & Sausage Jambalaya Cajun-Style Black-Eyed Peas Mardi Gras Blend Vegetables Mixed Fruit Honey Corn Biscuit* Jazzy Spiced Apples	February 10 Cheesy Pizza* Baby Carrots Pineapple	February 11 Turkey Ham & Cheese on a Pretzel Roll* Oven-Baked Crinkle-Cut French Fries Applesauce	February 12 No School
Weekly Salad Specials: Southwest Chicken Salad / Meatless Entrée Salad (served on 2/10 + 2/12) / Spotlight Fruit of the Week: Fresh Pear + Other Fruits as Shown on Menu				
February 15 No School	February 16 Toasted Cheese Sandwich* Baby Carrots Mixed Fruit	February 17 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Pineapple	February 18 BBQ Chicken Sliders on a Bun* Kettle-Baked Beans Applesauce	February 19 Handcrafted Mac & Cheese* Broccoli Florets Pears Breadstick*
Weekly Salad Special: Chef Salad / Meatless Entrée Salad (served on 2/19) / Spotlight Fruit of the Week: Clementine + Other Fruits as Shown on Menu				
February 22 Jumbo Cheese Ravioli* with Marinara Sauce Green Beans Peaches	February 23 Teriyaki Chicken Brown Rice* Sliced Carrots Mixed Fruit	February 24 Turkey Ham & Cheese Melt* Broccoli Florets Pineapple Snickerdoodle Cookie*	February 25 Chicken Bowl with Mashed Potatoes & Corn* Applesauce Dinner Roll*	February 26 All-Beef Hot Dog on a Bun* Kettle-Baked Beans Pears
Weekly Salad Special: Chicken Caesar Salad / Meatless Entrée Salad (served on 2/26) / Spotlight Fruit of the Week: Grapes + Other Fruits as Shown on Menu				
February 29 BBQ Rib Sandwich on a Bun* Corn Peaches	Calcium-Rich Dairy Which foods are part of the dairy group? This group includes foods made from milk that retain their calcium content, all fluid milk products, yogurt, cheese, milk-based desserts, and non-dairy calcium alternatives such as soy milk. One of the main health benefits of consuming dairy products is improved bone health. Choose fat-free or low-fat milk, cheese, and yogurt to keep blood cholesterol levels healthy and limit calorie intake. The amount of dairy you should consume depends upon your age.			
Weekly Salad Special: Crispy Chicken Salad				

Salad and Fresh Fruit Available Each Day / Additional Entrées Offered Daily

Monday – Pepperoni French Bread Pizza* / **Tuesday** – Chicken Nuggets* with Twisted Breadstick & BBQ Dipping Sauce / **Wednesday** – All-American Cheeseburger on a Bun* (Toasted Cheese Sandwich* served instead on 2/10) / **Thursday** – Chicken Corn Dog* / **Friday** – Breaded Chicken Sandwich* (2/5) + Bosco Stick* with Dipping Sauce (2/12) + Cheesy Garlic French Bread Pizza* (2/19) + Toasted Cheese Sandwich* (2/26) / Sunbutter & Jelly Sandwich with a Yogurt Cup **available every day** / *Item contains whole grains / Milk contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity provider

Around the World in a Lunch Period – USA (Louisiana)

It's Mardi Gras time! Is there a better place to celebrate than in Louisiana? Join us on our latest **Culinary Explorations** adventure. Louisiana is famous for its food and music and for being a part of the 1803 Louisiana Purchase. This state is located in the southeast United States and is bordered by Arkansas, Mississippi, Texas, and the Gulf of Mexico. Baton Rouge is the capital of Louisiana and New Orleans is its largest city. Approximately 4.65 million people call Louisiana home. Did you know that:

- The state was named after the French King Louis XIV?
- Louisiana's nickname is the Pelican State and the pelican is the official state bird?
- The Lake Pontchartrain Causeway is the longest over-water bridge in the world at approximately 24 miles?
- New Orleans hosted its first Mardi Gras parade in 1837?



You often hear about Louisiana's Creole and Cajun cooking. Even though some people use the terms interchangeably, they are actually two distinct cuisines. First, let's find out more about the people behind the food. Louisiana Creoles are people of all races who share a French or Spanish background and who became associated with the New Orleans area. Arcadians or Cajuns are descended from French Canadians who were expelled from Canada by the British. Many settled in the swampy region of Louisiana. The simplified way to view the respective cuisines is "city food" (Creole) and "country food" (Cajun). Both cuisines apply French cooking techniques to ingredients found in America and share some crossover dishes such as jambalaya. Creole cooking usually involves multiple courses and more elaborate preparation. Seafood, cream, butter, herbs, garlic, and tomatoes are prominent ingredients. Classic Cajun cooking centers around basic one-pot meals that are well-seasoned, but not necessarily spicy. On February 9, you will be treated to a special Mardi Gras feast featuring Creole jambalaya and Cajun-style black-eyed peas. Laissez les bon temps rouler!