



# Saint Hilary School

Where faith, family, and academics thrive!

December 14, 2016

Dear Parent/Guardian,

During this third week of Advent, we light a pink candle to represent joy and we also rejoice that the Lord does not fail to show his power and might. We rejoice at the thought that Jesus is going to be reborn in our lives, deepening in us His gifts of love, mercy, forgiveness and the spirit of humble and sacrificial service during this Christmas season. During this season, let us joyfully share God's bountiful grace, forgiveness, and mercy with others. Can you list some songs with joy in the title or lyrics? I will start you off with two: Joy to the World and God Rest Ye Merry Gentlemen.

Congratulations to the 2<sup>nd</sup> graders who received the Sacrament of Reconciliation last night. Thank you to Mrs. Whitney Castle for preparing the children to understand and receive the sacrament. I ask that you continue to keep them in your prayers.

Student Council will be holding a Santa's Snack Shop bake sale on Dec. 14 – Dec. 16. Please see the flyer in today's envelope. Thank you for your support of our Student Council.

On December 5<sup>th</sup> Fr. Aloy and I met with a number of families in order to look to the future to help St. Hilary move forward to a bright future. During that meeting we asked that families share their talents and gifts with our community in a variety of ways. In today's envelope you will see a request for these talents. We hope that you will take some time to think about what you have to offer and will sign up to serve on one of the three committees. We look forward to hearing your ideas and working with you. Please return the bottom of the form to school to my attention.

This year we have been focusing on decreasing the number of tardies and have implemented the Academic Recovery Program. I wanted to update you on the numbers for the first trimester. Although we have seen some improvement in reducing tardies we had 24 ARPs issued, that translates into 72 days tardy. We appreciate that you are helping your child to learn the importance of being prompt.

If you enjoy sending lovely flowers to family and friends I ask that you consider ordering them from Hankel's Florist. One of our school families is the proud owner of this florist and has offered to help support St. Hilary with a cash bonus based on your purchase.

Please see the flyer in the electronic version of today's envelope which is also archived on the school website.

**Last Call!!!** Thank you to everyone who has already donated to the Annual Teachers' Christmas Fund. Friday, December 16<sup>th</sup> is the last day to turn in your donations. Please know that your contribution is greatly appreciated.

### **Social Media:**

Did you know that we have a Facebook page and we are on Twitter? Like us on our St. Hilary School facebook page, the St. Hilary Music Department facebook page, the St. Hilary Baby Redbird page. Follow us on Twitter at @StHilaryChicago. Coming in 2017 will be our very own blog created and managed by 4 of our 6<sup>th</sup> & 7<sup>th</sup> grade students! More information coming.

### **Athletics:**

Basketball season is also in full stride. We encourage participation at our games to show our school spirit. The basketball schedule is available on the school website. Also located on the website are the Archdiocesan and St. Hilary Athletic Handbooks. Both handbooks clearly state that students must meet eligibility requirements to play an extracurricular sport. The following two quotes can be found in these handbooks:

"The student must perform satisfactorily in the areas of academic effort, behavior, and attitude."

"The athlete must exhibit academic progress as determined by the classroom teacher(s)."

Teachers have been asked to notify me if there are athletes who are in danger of losing their eligibility due to academic performance. Upon this notification, I will contact the parent and the child will receive a one week warning. At the conclusion of that week I will review the current status of eligibility and determine if the athlete is able to continue playing and practicing or if they need to be suspended until progress in their studies improves. As a parent you make great sacrifices to send your child to St. Hilary. Academics is a high priority for all of us. We look forward to working with you and your child so that they are able to enjoy the many activities that we offer.

### **Healthy:**

The flu season is once again upon us. Please be aware that the virus that is protected by the flu shot is a different strain than the one that has been infecting many of us. It is important that you are vigilant in washing hands and getting good rest. It is our policy,

as supported by many physicians that children stay home for up to 24 hours after their fever and flu symptoms have departed. We appreciate your cooperation in following this policy as the health and safety of everyone is our highest priority.

**Don't forget:**

The St. Hilary Christmas Concert is scheduled for Tuesday, December 20<sup>th</sup> at 7:00 pm. You will want to extend an invitation to your family and friends for this special evening where parish and school come together to celebrate the birth of Jesus. The children have spent a lot of time practicing and are excited to share their talents with you. All children are expected to attend and to dress nicely in holiday attire. All are welcome!!!

Last week our St. Hilary spiritwear was delivered, make sure to wear this proudly over the holidays and let everyone know that you are a St. Hilary Cardinal!

Have your nominated a teacher yet? The time is drawing near – don't delay! We are blessed with amazing and dedicated teachers who know that they are here because they have been called to the mission of Catholic education. The Golden Apple Foundation is accepting nominations for full-time 4<sup>th</sup> – 8<sup>th</sup> grade classroom teachers. The Golden Apple Award for Excellence in Teaching is presented to 10 outstanding teachers each year. If you would like to nominate one of our 4<sup>th</sup> – 8<sup>th</sup> grade teachers please complete the application at [www.goldenapple.org](http://www.goldenapple.org). These nominations must be received no later than December 31, 2016.

**Mark your calendars:**

The Family & School Association will be hosting a Pancake Breakfast to kick off Catholic Schools Week on Sunday, January 29<sup>th</sup>. This is an excellent opportunity to earn your family service hours and enjoy a delicious breakfast. More details to follow.

**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 School Messenger 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](http://www.EmergencyClosings.com). Our website [www.sthilarychicago.org](http://www.sthilarychicago.org) will also have closing information. We will close if the Archdiocese is closed as a system, an extremely rare event. **You should choose, based on your own judgment and situation, whether or not to keep your child(ren) home.**

#### **Contents of this Wednesday's envelope:**

- Stewardship Committee sign-up sheet
- Honor Roll – 1<sup>st</sup> trimester
- Simbang Gabi invitation
- Christmas Fund reminder
- Student Council Bake Sale flyer
- Ugly Sweater Day flyer
- Men's Club flyer
- Amahl and the Night Visitors flyer
- Yoga and Soccer Class flyers
- January menu

#### **Mark your calendars:**

- Wed. Dec. 14<sup>th</sup> – the Family & School Association meeting has been cancelled for tonight due to the extreme cold forecast.
- Fri. Dec. 16<sup>th</sup> – Christmas Fund contributions are due!
- Sun. Dec. 18<sup>th</sup> – 10:00 Family Mass hosted by 2<sup>nd</sup> & 8<sup>th</sup> graders
- Mon. Dec. 19<sup>th</sup> – Wear your ugly Christmas sweater day!
- Tues. Dec. 20<sup>th</sup> – St. Hilary School and Parish Christmas Concert 7:00 p.m. in the church.
- Wed. Dec. 21<sup>st</sup> – 11:30 dismissal Christmas vacation begins. School resumes on Wednesday, January 4, 2017.
- Fri. Dec. 23<sup>rd</sup> – St. Hilary Simbang Gabi celebration 7 pm mass – all are welcome
- Sat. Dec. 24<sup>th</sup> – 5:00 Christmas Eve family mass
- Sun. Dec. 25<sup>th</sup> – Merry Christmas – Happy Birthday, Jesus!

- Sun. Jan. 1<sup>st</sup> - Happy 2017!
- Wed. Jan. 4<sup>th</sup> – School Resumes

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](mailto:donovan@sthilarychicago.org).

Gratefully,

Mrs. Kathie Donovan,  
Principal



# A Peek at the Week



## WEEK OF December 19 - 23

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

### **MONDAY: December 19<sup>th</sup>**

**Altar Servers: Sidonie, Zheous**

- ✓ Religious Education classes
- ✓ Concert band 3:00 – 4:00 in Room 109
- ✓ Art Studio 3:00 – 4:00 pm
- ✓ Cadet Band 7:00 – 7:45 am
- ✓ Wear your Ugly Christmas Sweater to school today!

### **TUESDAY: December 20<sup>th</sup>**

**Altar Servers: Zachary, Marina**

- ✓ Student Council – officers only
- ✓ Codas 7:10 – 7:45 am in Room 109
- ✓ School and Parish Christmas Concert 7:00 p.m. in church
- ✓ All school rehearsal in church 1:00 – 3:00 pm (minus preschoolers)

### **WEDNESDAY: December 21<sup>st</sup>**

**Altar Servers: Rianne, Nora**

- ✓ 11:30 dismissal – Christmas Vacation begins
- ✓ Advent Prayer Service 10:45 in church – All are welcome!

### **THURSDAY: December 22<sup>nd</sup>**

### **FRIDAY: December 23<sup>rd</sup>**

### **SATURDAY: December 24<sup>th</sup>**

Please join us for our 5:00 pm Family Christmas Mass  
as we celebrate Jesus's birth together

### **SUNDAY: December 25<sup>th</sup>**



**Wishing you and your family  
a very Blessed Christmas and  
a Prosperous New Year!**



Invite your family and friends to our  
Parish/School Christmas Concert  
On Tues. December 20<sup>th</sup> at 7:00 pm in church



School resumes on Wednesday, January 4, 2017



## CHRISTMAS FUND REMINDER

Dear St. Hilary Parent and Guardian,

If you have already made your donation to the Teachers Christmas Fund, **THANK YOU!** If not, please consider making a donation. Again, there is no limit as to the amount you can give. Any donation would be appreciated. We also encourage you to have your child(ren) write notes to his/her teachers, telling them that you donated to the Christmas Fund. It's a terrific way to show your support to our wonderful faculty and staff here at St. Hilary School.

Again, the very warmest Christmas wishes to you and your family.

Sincerely,

Mrs. Donovan and the St. Hilary Christmas Fund Committee

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### ST. HILARY CHRISTMAS FUND

Enclosed is our donation of \$ \_\_\_\_\_ for the faculty and staff of St. Hilary School.

You may enclose cash, money order, or a personal check payable to St. Hilary School. Please return to the School Office, no later than Friday, December 16<sup>th</sup>.



"The best way to spread Christmas cheer is singing loud  
for all to hear!"- Buddy the Elf.

# Bring Us Light St. Hilary Christmas Concert

**When:** Tuesday, December 20th 7:00pm

**Students must arrive at 6:30pm**

**Where:** St. Hilary Church

**Who:** ALL St. Hilary students are performing! Friends, relatives, prospective families, and everyone are invited!

**Dress:** Nice, Semi-Formal clothes. Dresses, dress shirts, slacks, ties, blouses, skirts, suits, etc. Dress shoes and Christmas colors are encouraged. All school dress code rules apply. Please no jeans, holiday hats, or ugly sweaters!

**This is a MANDATORY event.** If your child cannot attend please send a note or an email to

Ms. Lamorena at [lamorena@sthilarychicago.org](mailto:lamorena@sthilarychicago.org)

by Friday 12/16/16.

Your child will complete an alternate assignment.

Make sure you check out our Facebook event! Spread the word and use our hashtag to spread the excitement!

**#SHBringUsLight**

## **I. STEWARDSHIP COMMITTEE**

Contact: Rectory office 773 561 3474 x 8 - Iam Calsita

**Mission :** To create a community of disciples that will share time and talents to the Parish for programs that will help the Parish and the St Hilary community in social, cultural, physical, financial and spiritual endeavors.

Planned Programs:

1. Physical and Social – Blood drives, Flu shots for the elderly, etc
2. Financial – Mortgage Refinance seminars, Writing wills and trusts, etc
3. Cultural and Social– Getting “social” with other ethnic groups, bus tours to nearby place of worships and devotions (i.e. Pilgrims Cross in Indiana, Holy Hill, etc)
4. Others – creating master mailing lists for mailings for community fest , events, grant proposals and solicitations, engaging Alumni to sponsor Scholarship funding
5. Spiritual – growing the ethnic community participation in church events
6. Coordinate activities with Finance Council ; Fund Raising Committee; and Facility Repair and Maintenance Committee.

## **II. FUND RAISING COMMITTEE**

Contact : Rectory Office 773 561 3474 x 4 – Deacon Juan Ramirez

**Mission :** To create and successfully manage at least three big fund raising events a year to help fund the needs of the Church major repairs, upgrades in the audio/video systems in church, School major repairs and other financial needs.

Planned Events:

1. International Fest – June 2017
2. Raffle – June 2017
3. Dinner Dance – To Be Determined (TBD) later

## **III. FACILITY REPAIR AND MAINTENANCE COMMITTEE**

Contact : Finance Council - Rico Tallud 773 802 2251

**Mission:** To plan for short term and long term repairs, upgrades and new constructions in Church, Rectory ,School and grounds.

Planned Projects:

1. Audio and video system set up in Church for interactive mass
2. LED sign
3. Parking lighting
4. Others

To sign up, please circle the committee you want to join and provide your contact information:

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Address \_\_\_\_\_

Email : \_\_\_\_\_

THANK YOU for partnering with us in building a dynamic and engaged St Hilary Parish.

# Santa's Snack Shop



Student Council will be hosting a **BAKE SALE** after school in the **ST. HILARY PARKING LOT** from **DECEMBER 14-16!**

Student Council will be selling numerous **CHRISTMAS THEMED TREATS** including sugar cookies, brownies, cupcakes, plus much more! We will also have a **HOT CHOCOLATE BAR!** (Prices range from \$0.25-\$1.00)

## HONOR ROLL 1ST TRIMESTER 2016 - 2017

Honor Roll is considered a recognition of academic excellence. Students must earn A's or B's in all subject areas, which designates that they have mastered or exceeded curriculum standards. This distinction honors students for going above and beyond the minimum standards. In order to achieve Honor Roll status, students must consistently turn in work on time, and have only 3's or 4's in the behavior/social growth section of the report card.

### FOURTH GRADE

Maivy Bui  
Madison Czuba  
Matthew De Leon  
Nicolas De Leon  
Sophia Duong  
Adan German

Tyler Isaacson  
Andy Kieu  
Kaulie Ly  
Claire Murphy  
Alessandra Palos

Scott Phan  
Jeryl Tabernero  
Benjamin Truong  
Raquel Velasquez  
Maliah Wood

### FIFTH GRADE

Sophia Cipres  
Nicholas Czuba  
Joshua Harris

Rianne Julio  
Marina Martinez

Don Pham  
Adam Realeza

### SIXTH GRADE

Hannah Byrne  
Natalia Elumba

Claire Larson  
Christine Lichauco

Phuc Tran  
Kevin Trinh

### SEVENTH GRADE

Isabella Aco  
Alexandra Davalos  
Toni Gallegos  
Jon-Andre Gurbal  
Sidonie Habert

Nathan Kefle  
Maritza Machuca  
Elmer Murphy  
Brian Ngo  
Kaela Nicholson

Camille-Joyce Nono  
Lina Pham  
Mykola Sison  
John (Jack) Swanson  
Janine Villamayor

### EIGHTH GRADE

Zheous Abalos  
Kevin Cordero  
Caitlin Larson  
Tam Le  
Kelsoe Matsunaga

Annabelle Nguyen  
Christine Nguyen  
Sabrina Nguyen  
Diogen Paskali  
Sally Phan

Ivan Ramos  
Andrew Tran  
Raymond Truong  
Jaden Wood

# UGLY SWEATER DAY!!



Its Christmas time! What's one of the best things about Christmas besides the birth of Jesus and time with family? The ugly Christmas sweaters of course! We will be having an ugly sweater day next Monday, December 19!! This is your chance to shine! Wear the ugliest Christmas sweater you can find! If you choose to participate you may wear jeans or uniform pants with your sweater. If not, you will need to come in uniform! So...keep your eyes open for the ugliest Christmas sweater you can find!





Since 1943  
*Hankel's* Lake View Florist  
1909 W. Foster Ave \* Chicago, IL 60640  
[www.lakeviewflorist.com](http://www.lakeviewflorist.com)  
773-275-6500



### Cash bonus for St. Hilary School

Earning tier (before tax and delivery service)

- For \$24.99 is 3%    - For \$49.99 is 5%    - For \$99.99 is 8%    - For \$100+ is 10%

There is NO maximum Fundraising Amount. Every Participating School that raises \$1000 or more will receive a \$100 cash bonus. Please mention the school's code before placing the order or put it in the promo box before check out on our website.

**[WWW.LAKEVIEWFLORIST.COM](http://WWW.LAKEVIEWFLORIST.COM)**

**School code: SH5614**

Men's Club

December Meeting and Christmas Party

Friday, December 16<sup>th</sup> 7:30 pm

In the Cafeteria

Please come and bring a friend!



Coming in 2017:

January 28<sup>th</sup> - Candlelight Bowling at Immaculate Conception Parish Hall

February 5<sup>th</sup> – Super Bowl Party – Ladies Welcome!

March 11<sup>th</sup> - Corned Beef and Cabbage Dinner and Silent Auction

April 7<sup>th</sup> – Lenten Fish Fry

# Saint Hilary School

Where faith, family, and academics thrive!



## **St. Hilary School Invites parents or caregivers and their children Age 6 months to 3 years to join us for Baby Redbirds**

Baby Redbirds is an opportunity for you and your child to enjoy social interaction. This playgroup gathers in a child-friendly space where children can enjoy gross motor play, music, movements and an introduction to group activities.

Child must be accompanied by a parent or caregiver.

**WHEN:** Wednesdays 8:30—10:00 am on regularly scheduled school days

**WHERE:** St. Hilary School, Room 106

**COST:** \$25.00 per child for the winter session. Drop ins \$5.00 per visit

Winter Session will meet on the following dates:

1/4, 1/11, 1/18, 1/25, 2/1,  
2/8, 2/15, 2/22, 3/1, 3/8, 3/15

Please complete the registration form and return to the school office at:  
5614 N. Fairfield Ave.—Chicago, IL 60659

Checks should be made payable to St. Hilary School

Questions? Please contact Mrs. Kathie Donovan at [Donovan@sthilarychicago.org](mailto:Donovan@sthilarychicago.org)  
or call the school office at 773-561-5885



PLEASE PRINT

Parent Name: \_\_\_\_\_

Adult Attending with Child: \_\_\_\_\_

Email (for program communication): \_\_\_\_\_

Phone number: \_\_\_\_\_

Child's name \_\_\_\_\_ Age: \_\_\_\_\_

Child's name \_\_\_\_\_ Age: \_\_\_\_\_

Child's name \_\_\_\_\_ Age: \_\_\_\_\_

# YOGA CLASS

The art of practicing yoga helps in controlling an individual mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind, it helps to manage stress and anxiety and keep you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improved respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

## Benefits of yoga for kids

- ☐ Yoga helps improve strength and flexibility
- ☐ Yoga increases concentration, focus, and attention
- ☐ Kid's yoga increases self-esteem
- ☐ Yoga decreases anxiety and helps you to relax
- ☐ Yoga increases trust, compassion, teamwork and leadership skills of your children
- ☐ Yoga improves digestion and eases gas pains for children
- ☐ Yoga helps to release stress and breathe well
- ☐ Yoga strengthens the immune system

Yoga classes will be offered under the direction of Ms. Laura Penna. Laura is a certified yoga instructor, counselor, and nutritionist. She is dedicated to teaching yoga awareness believing that a healthy body and mind are key to a happy life.

Yoga class sessions will be held on Monday afternoons  
from January 9<sup>th</sup> – March 13<sup>th</sup>  
classes will not meet on Jan. 16<sup>th</sup> or Feb. 20<sup>th</sup>.

3:00 – 3:45 p.m. for children in grades Preschool – 4<sup>th</sup>

The cost of the classes are \$10.00 per class

If you are in 5<sup>th</sup> grade or higher please let Mrs. Donovan know so that a class can be formed if there are enough interested children.

Classes will be held in the gym (the Vacala Auditorium). Children are asked to wear comfortable clothing such as sweatpants, shorts, yoga pants/leggings to be able to stretch comfortably. Yoga mats are encouraged but not necessary, a towel will also work.

Please complete the back of this flyer and return if you are interested.



## MONDAY YOGA PERMISSION SLIP (January 9 – March 13, 2017)

\_\_\_\_\_ has  
permission to attend the Yoga class Monday afternoons.

Grade \_\_\_\_\_

Homeroom \_\_\_\_\_

I, as parent and/or guardian of the minor child identified above hereby acknowledge the following notices and grant to St. Hilary School the following release from liability:

I acknowledge and fully understand that my child will be engaging in physical activities that may involve some risk of injury. I acknowledge and have been advised that it is my responsibility to consult with my or my child's physician with respect to any past or present injury, illness, health problem or any other condition or medication that may affect my or my child's participation. I assume the foregoing risks and accept full personal responsibility for any personal injuries sustained by my child which might incur as a result of participating in this program and discharge and hold harmless St. Hilary School and Laura Pena from any claim, cause of action or liability for damages arising from any personal injury to my child or other persons or property caused by my child's participation in the yoga program.

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Emergency Contact number \_\_\_\_\_





# WINTER SOCCER CLASSES at St. Hilary School!

**Thursday:**

**1/5 - 3/30**

**3:10 - 3:50 PM**

**K- Grade 2**

We're excited to announce that Chicago's fastest growing soccer development program is returning this winter! At Super Soccer Stars, dynamic coaches work with every student to develop skills, self-esteem, and teamwork in a fun, non-competitive environment. Positive reinforcement and low child-to-coach ratios ensure that each child will improve his or her skills through engaging warm-ups, activities, and games—all while having endless fun! Each child receives a t-shirt with registration. Come get the ball rolling today!



**Enroll online! [chi.supersoccerstars.com/sthilary](http://chi.supersoccerstars.com/sthilary)**  
**(Username: HLR Password: sthsoccer)**

**Questions? Contact: 312.477.5877 or [chicago@supersoccerstars.com](mailto:chicago@supersoccerstars.com)**



### **Amahl and the Night Visitors**

Saturday, December 17, 7:30PM

St. Hilary Church

Amahl and the Night Visitors is a Christmas miracle opera which follows the story of a goodhearted, poor disabled shepherd boy named Amahl and his mother, whose lives are changed forever when the three Magi stop by their house for a rest on their way to Bethlehem. This one act opera was commissioned and first performed by the NBC Opera Theatre on December 24, 1951 and was the first opera specifically composed for television in America. The show lasts approximately 45 minutes and features a heartwarming story told through beautiful music. This touring production is fully costumed and staged and highlights the fine performances of local young artists.

# **SIMBANG GABI 2016**

## **St. Hilary Church**

5601 N. California, Chicago, 60659

**December 23, 2016 (Friday)**  
**7:00 PM**



**Celebrant:**  
**Bishop Francis J. Kane**  
**Archdiocese of Chicago**  
**&**  
**Father Aloy Funtila**  
**Pastor**



***Maligayang Pasko at Manigong Bagong Taon!***

To join our Simbang Gabi Choir contact Carl Chadek 773.561.3474

For dessert, monetary or any kind of donation or to volunteer

contact Maryrose Ople 773.266.0453



# HAPPY NEW YEAR

## St. Hilary January 2017 K-8 LunchSmart Menu

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| January 2  | January 3  | January 4   | January 5   | January 6   |
| <div>Winter Break</div>  |  | BBQ Shredded Chicken<br>Hoagie* with Melted Cheese<br>Kettle-Baked Beans<br>Pineapple   | Build-Your-Own Crunchy<br>Beef Tacos* with Garnish<br>Cup & Salsa<br>Baby Carrots<br>Applesauce | Toasted Cheese Sandwich*<br>with Tomato Soup<br>California Blend Veggies<br>Pears<br>Cheddar Goldfish Crackers* |
| Weekly Salad Special: Chef Salad with Breadstick / Spotlight Fruit of the Week: Bananas + Other Fruits as Shown on Menu  |  |   |   |   |
| January 9  | January 10   | January 11  | January 12  | January 13  |
| Chicken Parmigiana Hoagie*<br>California Blend Veggies<br>Peaches  | Beef Sloppy Joe on a Bun*<br>Baby Carrots<br>Mixed Fruit   | Beef Burrito Bowl* with Black<br>Beans, Corn, Garnish Cup &<br>Salsa<br>Pineapple   | BBQ Turkey Burger on a<br>Bun*<br>Scalloped Potatoes<br>Applesauce                              | Handcrafted Mac & Cheese*<br>Green Peas<br>Pears<br>Honey Wheat Dinner Roll*                                    |
| Weekly Salad Special: Chicken Caesar Salad with Croutons & Breadstick* / Spotlight Fruit of the Week: Fresh Pears + Other Fruits as Shown on Menu                                |  |   |   |   |
| January 16   | January 17   | January 18  | January 19  | January 20  |
|   | BBQ Rib Sandwich on a<br>Bun* <sup>A</sup><br>Corn<br>Mixed Fruit  | Jamaican Jerk Chicken<br>Rice & Peas<br>(a.k.a. Rice & Beans)<br>Roasted Sweet Potatoes<br>Collard Greens / Pineapple<br>Cookie*  | Spaghetti* with Meatballs &<br>Marinara<br>Broccoli<br>Applesauce                               | French Toast Sticks* with<br>Syrup & Turkey Sausage<br>Baby Carrots<br>Pears                                    |
| Weekly Salad Special: Crispy Chicken Salad with Breadstick* (Chef Salad served 1/18) / Spotlight Fruit of the Week: Grapes (Bananas served 1/18) + Other Fruits as Shown on Menu |  |   |   |   |
| January 23   | January 24   | January 25  | January 26  | January 27  |
| Chicken Tenders* with BBQ<br>Dipping Sauce<br>Kettle-Baked Beans<br>Peaches<br>Honey Wheat Dinner Roll*  | Chicken Fajita with Tortilla*,<br>Flame-Roasted Pepper &<br>Onion & Salsa<br>Baby Carrots<br>Mixed Fruit | Greek-Style Chicken<br>Brown Rice*<br>Green Beans<br>Pineapple<br>Snickerdoodle Cookie*   | Turkey Ham & Cheese Melt*<br>Oven-Baked Spiral-Cut<br>French Fries<br>Applesauce                | Half Day  |
| Weekly Salad Special: Chef Salad with Breadstick* (Crispy Chicken Salad 1/25) / Spotlight Fruit of the Week: Bananas (Grapes served 1/25) + Other Fruits as Shown on Menu        |  |   |   |   |
| January 30   | January 31   | <div>Color My Plate: Blue/Purple</div> <div></div> <p>This month, we focus on the blue/purple produce group. Purple and blue produce provides health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. Most people get very little of their fruit and veggie intake from this group. Eat blueberries, plums, and purple cabbage to boost consumption. Expand your horizons by trying fruits and vegetables such as purple asparagus, purple potatoes, and elderberries.</p> |   |   |
| Bosco Stick* with Marinara<br>Dipping Sauce<br>Green Beans<br>Peaches  | Beef & Cheese Nachos* with<br>Garnish Cup<br>Refried Beans<br>California Blend Veggies<br>Mixed Fruit    |   |   |   |
| Weekly Salad Special: Apple-Cranberry Chicken Salad with Pretzels* / Spotlight Fruit of the Week: Fresh Pears + Other Fruits as Shown on Menu                                    |  |   |   |   |

### Salad and Fresh Fruit Available Each Day

#### Additional Entrées Offered Daily

- Monday – All-American Cheeseburger on a Bun\*
- Tuesday – Chicken Nuggets\* with Twisted Breadstick\* & BBQ Dipping Sauce
- Wednesday – Mini Corn Dogs\*
- Thursday – Breaded Chicken Sandwich\*
- Friday – Pizza\* (pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week)

Sunbutter & Jelly Sandwich\* with a Yogurt Cup available every day

\*=Item contains whole grains / ^=Item contains pork  
L=Locally sourced / H= Antibiotic and hormone-free  
S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics  
Menu is subject to change based on availability and quality of food items



### Around the World in a Lunch Period – Jamaica

Brrr! It's cold outside. Join the **Culinary Explorations** team as we head for the sun – in Jamaica! Jamaica is located approximately 90 miles south of Cuba. Once a Spanish possession called Santiago, Jamaica came under the rule of England in the 17<sup>th</sup> century. It achieved full independence on August 6, 1962, becoming a Commonwealth realm with Elizabeth II serving as the Queen and head of state. Jamaica is a parliamentary democracy and its form of government is known as a constitutional monarchy. On January 18, you will sample the flavor of this Caribbean island. Jerk chicken and collard greens are on the menu. Did you know . . .

- Jamaica is known as an Anglophone country because English is the official language?
- The cuisine is described as “fusion food” because it includes African, Indian, Spanish, Chinese, and British influences?
- “Jerk” refers to a style of cooking?
- Collard greens resemble the leafy vegetables commonly used in the popular dish callaloo, an island staple?

Here's to good eating! Enjoy!