Issue 18 \* April 26, 2016

Waccamaw Middle School \* 247 Wildcat Way \* Pawleys Island, SC 29585 \* 843-237-0106 \* Fax 843-237-0237 \* http://www.wms.gcsd.k12.sc.us/

### Talent Show—Friday, April 15, 2016

The talent show was held by the Waccamaw Middle School Beta Club to raise money for Bella Cervini to go to New Orleans to compete in the National Junior Beta Competition.

There were six competitors in this year's first annual talent show.

- Sophje Bensch sang a whimsical song, Latte Boy.
- Sierra Lindquist performed a lyrical dance to Take Flight.
- Évan Grove sang Thinking Out Loud.
- Jacob Spanbauer performed Elvis Presley's Blue Suede Shoes.
- Channing McCutchen sang and danced to a very entertaining Car Wash.
- Gabby Gundling sang Someone Like You with lots of heart

The judges were Aliska Brown, Liz Intrieri, Drew Trautman, and Tyler Vick. Sophie won first place to win the talent show. Second place went to Gabby and third place to Channing. Bella closed the show singing the song, *Warrior*. See our photos on Page 2!

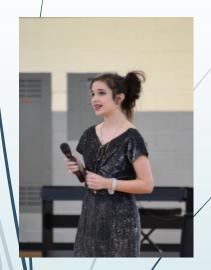
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Congratulations to Kimmie Cerasaro, Covey Loftus, Nygere' Jones, Sarah Bankert, and Sam Arnold for being selected as finalists in this year's Friends of the Library Poetry Contest.

The awards ceremony will be held at the library on April 28, 2016 at 6:30 p.m. Come out and honor these creative writers at the Waccamaw Neck Library!

# Talent Show-April 15, 2016

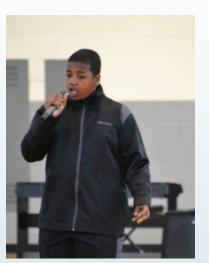
Macy Jersek



Sophie Bensch 1st Place



Gabby Gundling 2nd Place



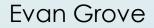
Channing McCutchen
3rd Place



Sierra Lindquist



Jacob Spanbauer





### Chamber Choir

Jules Steffen



Last week, the Waccamaw Wildcat Chamber Choir competed at the State Choir Festival in Columbia, SC. They received an Excellent rating in every category, and were only one point below a Superior, the highest rating.

To prepare for the Festival the choir had to work diligently during class time, memorizing the words, remembering the right time to apply accents, and following the directions of the conductor, Mr. Drew Trautman. All the hard work payed of in the end when they only made a few jittery mistakes.

Before the competition, the students had a long bus ride--three hours to be exact! Most of that time was spent chatting with friends and listening to music. The bus stopped at a park where students could eat outside and admire nature. Later, the Chamber Choir participants stopped at Chick-fil-A. A long bus ride delivered happy, but tired children back to Pawleys Island, SC.

# Celebration of Success Students Honored for Academic Achievement

#### Waccamaw Middle School 2015-2016 Third Nine Weeks

#### Seventh Grade Principal's Honor Roll

Lillie Akers, Alanya Alston, Em Anderson, Lauren Baker, Will Baldree, Jackson Barnes, Anna Bird, Carlen Brockman, Lacy Colvis, Georgia Covarrubias, Holli Daniel, McCall Drew, Aiden Facchinetti, Ella Fata, Emma Grace, Kaylee Hair, Brianna Hammond, Macy Jersek, Chloe Johnson, Rion Keesee, Taylor Kelly, Jack Kibler, Sierra Lindquist, Maddie List, Meghan Lord, Julia Marinoff, John Maser, Grey Maxwell, Rachel McClellan, Connor McMahon, Jake Monroe, Britana Myers, Rylee Newton, Emma Parler, Kyndra Patterson, Savannah Pender, Lexi Prochniak, Graham Rogers, Elyse Rowland, Rae Schiess, Jacob Schoen, Megan Stackhouse, Jacob Stump, Mackenzie Thompson, Rachel Wesolowski

#### Seventh Grade A-B Honor Roll

Michaela Ahern, Leira Anderson, Carmon Angel, Sophie Bensch, Moon Bobo, Cameron Bonham, Savannah Cardinale, Maddi Cline, Gracie Cohoon, Harrison Cooper, Jon Coradi, Arden Cusack, Mary Campbell Dancy, Jaidon Diggs, Madison Divine, Ashlyn Elkins, Ashlen Gordon, La'Kerria Greene, Gabby Gundling, Ashley Hernandez Chavez, Kaitlyn Howard, Caroline Junkins, Molly Kelso, William Kitsos, Briana Kowalewski, James Lanford, Brianna Lawrence, Lauren Maser, Garrison Maxwell, Zane Mays, Hana McManus, Mo Meares, Miller, Miller, Makenzie Mitchell, Grayson Moore, Becca Mueller, Montea Myers, Allison Orman, Emily Phillips, Zachary Powers, Michael Quinn, Eva Razzi, Luke Russell, Will Sarvis, Natarie Savoie, Abby Sellers, Tradd Shields, James Thompson, Connor Tidwell, Emily Watts, Molly Weigel, Peyton White, Hannah Wible, Hudson Winfield

#### Æighth Grade Principal's Honor Roll

Lauren Amerson, Sarah Bankert, Zach Baucom, Elizabeth Ann Bellamy, Will Brackett, Christine Brennan, Olivia Brown, Peyton Buzzell, Jillian Campbell, Bella Cervini, Miller Christen, Noah Clayton, Jack Congdon, Tiana Dabria, Caroline Daniels, Gardner DiVenere, Alyssa Douglas, Mary Drosieko, Camron Dunn, Mary Russell Eddy, Ellison Kate Fox, Amber Francis, Sabrina Francke, Rodney Gilliyard, Hunt Grafe, Alasha Grant, Madison Grice, Jackson Griffith, Georgia Grooms, Caroline Hall, Julian Hays, John Hierholzer, Alex Hough, Madison Kinmartin, Ashley Kopplin, Christine Labuz, Camryn Lanford, Covey Loftus, Zoe Mabe, Hannan Mackey, Wade Maring, Camryn McMakin, Lilly Mullen, Ashley Odom, Gabby Paglio, Max Poole, Haley Porter, Emma Quigley, Caleb Ratz, Zachary Rosenberg, Gabby Schneider, Rivers Shealy, Seb Stafford, Jules Steffen, Rebekah Stidd, Jonah Stump, Victoria Tan, Braeden Thomas, Miquela Thomas, Margaret Ann Tucker, Gabby Vallery, William Varn, Summers Ward

#### **Eighth Grade A-B Honor Roll**

Bennett Adler, Jorja Almonte, Sawyer Ammons, Oshswany Armstrong, Sydney Baker, Blair Barnes, Blake Bass, Lizzie Beard, Gabe Becerra, Jacob Beck, Jake Birchmeier, Nysharel Boynes, Mary Grace Bryan, Cameron Burgess, Autumn Cacioppo, Madeline Canipe, Jeff Carlyle, Evan Carter, Kimmie Cerasaro, James Clark, Meghan Collins, Naiquan Collins, Carrele Cooper, Lauren Cooper, Marshall Cooper, Zoe Dear, Katie Drexler, Colby Eckard, Taylor Everhart, Josh Ford, Ryon Fox, Alix Garison, Alex Gauthier, Sierra Gill, Jessi Gregory, Trace Guyton, Reese Hannon, Abby Hart, Hunter Haynes, Reaves Hooks, Olivia Hudson, Tan'Asia Johnson, Kaylee Jordan, Samantha Kelley, Sam Kobylarz, Zach Kobylarz, Cami Kuenzle, Ashley Lykins, Taylor Lyles, Savannah Manning, Hannah Martin, T.J. McKenzie, Janie Morris, Erica Nicholas, Walker Parler, Kyle Pence, Brianna Phillips, Kayleigh Rhodes, Jessica Robles, Holly Roe, Luke Romero, Abby Rowell, Zach Saxton, Rosie Seaborn-Espinosa, Parris Smith, Riley Sollars, Ella Steuer, Mia Stewart, Emma Sullivan, Will Tiller, Fa'tima Turner, Lexie Vinson, Grace Williams, Amanda Wright, Riley Young

# Yearbook Delivery Date—May 27, 2016

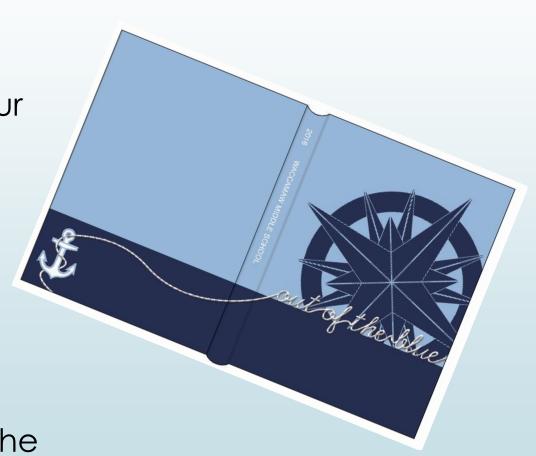
Just a Quick Reminder

If you have not yet ordered your yearbook we have a few copies left!

Bring your check made to Jostens for

\$42.80

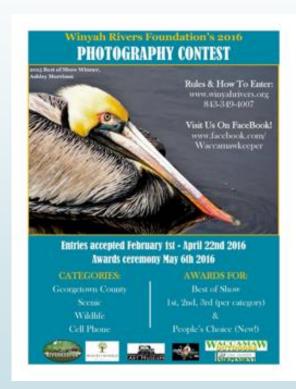
To Mrs. Gouldin or Ms. Brown in the Media Center



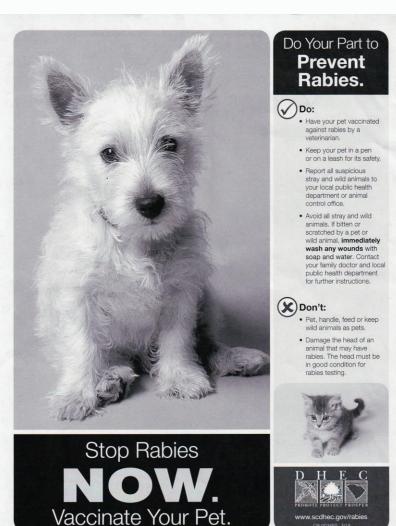
# Winyah Rivers Foundation Photo Contest

#### Contest Rules

- The 9th Annual Winyah Rivers Foundation (WRF) Photo Contest will accept entries February 1st April 22nd 2016.
   The goal is to promote the beauty of our local rivers and to raise funds for the Waccamaw RIVERKEEPER® Program.
- Rules for Entering:
- 1.The contest is open to everyone. Emphasis in judging will be given to photographs that show the splendor and charm of our local rivers and ecosystems.
- 2.Each contestant may enter as many photographs as desired.
- •/ 3.Categories: 1) Georgetown County; 2) Scenic; 3) Wildlife; 4) Cell Phone
- 4. The photographs should have been taken in North or South Carolina. For the Georgetown County category, the photo must be taken in Georgetown County, SC.
- 5.Each contestant agrees to allow WRF and its sponsors to use their entries, without compensation, to promote the goals of the Foundation. This may include exhibition, calendar, and fundraising. All entrants will retain the right to their work.
- 6.To enter, provide WRF with an 8x10 inch print AND a digital file for each entry. Do not tape anything to photo or put photo on foam core. Prints will not be returned.
- 7.Attach (with a paper clip or something similar) a piece of paper to each photograph that has your name, address, phone number, and e-mail. Print or type the category in large letters on this piece of paper along with a title for the picture and if desired, a short description. Do not put anything on the front of the photo.
- 8.Winners will be announced at a reception at the Burroughs-Chapin Art Museum on Friday, May 6th from 5:30pm-7:00pm. Winning photographs will hang in the Museum, followed by the Horry County Courthouse and other venues.
- 9.Entry fee is \$10.00 per photograph, with cash or check payable to WRF, delivered to Winyah Rivers Foundation, Center for Marine & Wetland Studies, Coastal Carolina University, 290 Allied Drive, Conway, SC 29526 (room #130 or #121) or by mail to Winyah Rivers Foundation, PO Box 261954, Conway, SC 29528-6054.
- 10.All entries must be received by NOON on April 22nd 2016.



### Rabies Vaccination Clinics





### **Rabies Vaccination Clinics**

Sponsored by DHEC and local veterinarians.



· Vary by clinic location. · Won't exceed \$10 per pet



· Dogs must be on a leash. · Cats must be in a box or carrier.

#### **Georgetown County Clinics**

Dates	Times	Location	Veterinarian
Tues, April 5 <sup>th</sup>	10:00AM - 4:00PM	125 North Ridge Street, Georgetown	St. Frances An. Care Ctr.
Sat, April 9 <sup>th</sup>	9:30AM - 11:30AM	Food Lion Parking Lot 421 Brooks Rd., Andrews	Westview Animal Hospital Dr. Ernest Fox
Tues, April 12 <sup>th</sup>	10:00AM - 4:00PM	125 North Ridge Street, Georgetown	St. Frances An. Care Ctr.
Wed, April 13 <sup>th</sup>	12:00PM - 2:00PM	14792 Ocean Hwy, Pawleys Island	Young Veterinary Hospital
Sat, April 16 <sup>th</sup>	12:30PM - 3:00PM	13057 Ocean Hwy, Suite D, Pawleys Island	Animal Hospital of SC
	9:00AM - 11:00AM	9722 Ocean Hwy, Pawleys Island	Pawleys Veterinary Hosp.
	9:00AM - 10:30AM	Belk Dept. Store Parking Lot 1212 North Fraser St., Georgetown	Westview Animal Hospital Dr. Ernest Fox
	2:00PM - 4:00PM	3928 Hwy 17 By-Pass, Murrells Inlet	Murrells Inlet Vet. Hospital
Tues, April 19 <sup>th</sup>	10:00AM - 4:00PM	125 North Ridge Street, Georgetown	St. Frances An. Care Ctr.
Wed, April 27 <sup>th</sup>	12:00PM - 2:00PM	14792 Ocean Hwy., Pawleys Island	Young Veterinary Hospital
Every Mon, Tues, We	ed, Thurs, and Fri in April 9:00AM - 5:00PM	1288 Limestone St., Murrells Inlet	Coastal Animal Rescue
Every Saturday in Ap	9:00AM - 2:00PM	1288 Limestone St., Murrells Inlet	Coastal Animal Rescue

The South Carolina Rabies Control Act requires that all dogs and cats have a current rabies vaccination. For the majority of vaccines, the minimum age to vaccinate these pets is 12 weeks of age. Upon vaccination, the pet should wear the serially numbered rabies tag, provided by the veterinarian, around its neck. The licensed veterinarian will also provide a certificate of vaccination

## Waccamaw Neck Public Library Hours of Operation

### **Waccamaw Neck Branch**



### **Hours of Operation**

Monday—Thursday 8:30—7:00 Friday & Saturday 8:30—5:30 Sunday 2:00—5:00 pm (September-May)

41 St. Paul Place, Pawleys Island, SC 29585

Phone Number: (843) 545-3623 Fax Number: (843) 545-3624

### Golf Fundraiser

#### WHERE: Founders Club at Pawleys Island, 7892 Ocean Highway, Pawleys Island, 5C 29585 FORMAT: 4 person Captains Choice (4 person teams) WHEN: Saturday, May 21, 2016 at 8:30 a.m. FEES: \$70.00 per person or \$280.00 per foursome. This includes greens fee, cart rental, prices, refreshments, and lunch. Individual registrations are welcome (teams will be assigned). For more information please contact: Clay Cook - (843) 546-8423 x 2109 or (843) 240-0604. Email: cscook@ecsd.k12.sc us. Carla Brandon -- (843) 546-8511 x 2100 or (843) 680-1454. Email: chrandon@ccud.k12.sc.us. Complete the form below and return it to: Jennifer McConnell Kensington Elementary School 56 Kensington Boulevard Georgetown, SC 29440 Want to advertise, donate, or just don't want to play? SPONSORSHIP OPPORTUNITIES ARE AVAILABLE Contact Clay Cook or Carla Brandon: for more information REGISTRATION FORM ALL FEEL ARE DUE IN PULL AT TIME OF REGISTRATION Captain (or individual): Address:\_\_\_\_ City, State, Zip: Team Members (including captain): thirt tipe: Shirt Size:

1st Annual GCSD Teacher Forum Golf Tournament

#### 1st Annual GCSD Teacher Forum Golf Tournament Opportunities for Sponsorship

Thank you for your kind assistance in supporting the 1st Annual GCSD Teacher Forum Golf Tournament. Your sponsorship participation will ensure the success of this event and greatly assist the GCSD Teacher Forum in providing scholarships for graduating seniors interested in pursuing a future in the field of education.

When: May 21, 2016

Tee Time: 8:50 am

Where: Founders Club @ Pawleys Island

Please mail your Jennifer McConnell

GCSD Teacher Forum Tax I.D. # 57-6000354
\*Please make a copy of this form for your records.

contribution to: Kensington Elementary School

55 Kensington Stod.

en, SC 29440 8511
\$3,000.00
signs, flyers, t-shirts, and golf balls. Will also be given 4 slots for team
.5280.00
out would like to pay for a team to play. Name on signage, flyers, shirt
\$200.00
ed at the scoreboard area)
5100 00
ed on a hote)
550.00
to purchase items for lunch and name placed on lunch signs at tables.
er on the signage, shirts, etc.)
g anything you can for us!! We truly appreciate your support!
GCSD Teacher Forum
ons to Clay Cook at (843) 546-8423 or (843) 240-0604.
e make checks payable to GCSD Teacher Forum***



### WMS Cheerleading Tryouts May 9th, 10th, 11th from 3:30-5:30 in the WMS Gym



Welcome to the 2016 WMS Cheerleading tryouts. Tryout dates are May 9<sup>th</sup>-11th. All material for tryouts will be taught at the tryout clinic on May 9<sup>th</sup> and 10<sup>th</sup> with a final tryout on May 11th. Please be sure that you have all appropriate paperwork ready to present on the first day of clinic in order to participate. NO Paperwork NO Tryouts! The clinic days will be the only time that the tryout materials will be taught. Hopefully you will not miss the clinic so you will be ready for tryouts. \*There will be a required parent meeting Wednesday, May 25<sup>th</sup> at 5:30 at the WMS Gym.

*Things you will need to tryout  • Parent Permission Form  • Completed School Physical Form  • WMS Cheer Application  • Teacher Recommendation(WIS and Montessori, if only one teacher), All 5 core teachers(WMS)  • Copy of the latest report card	Things you need to know before you try out.  Estimated Cost is \$405 and includes the following  Practice Clothes \$75  Bows and Socks \$17  Shoes \$50  Cheer Bag \$35  Body liner \$23  Warm up \$125			
*Requirements of a WMS Cheerleader:  • You must maintain a 2.0 GPA; all grades are regulated by SCHSL.  • Must be a student in good standing at WMS, WIS or previous school.  • Must display appropriate behavior that will represent WMS to the highest standards. Respect coaches, administrators, teachers, and fellow cheerleaders.	<ul> <li>You will be scored on the following</li> <li>Cheer: (taught at clinic)</li> <li>Dance: (taught at clinic)</li> <li>Gymnastics: (current skill level)</li> <li>Jumps: toe touch, hurdler, and pike (reviewed at clinic)</li> <li>Appearance: (appropriate for cheer)</li> <li>SPIRT: (voice, enthusiasm, and attitude)</li> <li>Teacher Evaluations</li> </ul>			
Time commitment				

There will be a few summer practices, a schedule will be provide after tryouts

Basketball season, December-February: 1-2 practices a week and 2 games a week

Football season, September and October: 2-3 practices a week and games on Wednesday

Season practice begins the second week of August

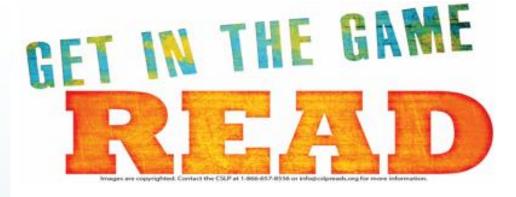
# Volley Ball Conditioning

WHS Gym May 2-20 3:30-5:30



Ladies-Grades 7th-11th

\*must have a current physical to participate!





Exercise your

Smart Phone, Tablet, Kindle or Nook...

Learn How At the

Georgetown County Library

405 Cleland St.

Saturday May 14, 2016 10am-Noon

Bring your device! Questions call 843-545-3310 or 3388

# Sail Team Offers Eighth Grade Sailing Initiative

Provided by Michael Benton



8<sup>th</sup> grader Ella Smith and 10<sup>th</sup> grader Victoria Marinoff during practice on April 19, 2016



Waccamaw sailors during the Oriental Open Regatta held in April 2016 in Oriental, NC

The Waccamaw Sailing Club will have its second year of the Eighth Grade Sailing Initiative. This May, we will be inviting interested eighth graders from Waccamaw Middle School to join us on the water and introduce them to the sailing world. It looks like we will be having Ms. Emily Livingston to coach the sailors again this year along with several sailing team members. Emily is a life long sailor with many accomplishments on and off of the water.

There will be a parent meeting in the Waccamaw Middle School Media Center on Wednesday, May 4, 2016, at 6:00 p.m. for all interested parents and sailors. We will explain the program and provide additional information regarding requirements, fees, and structure. Sailing will begin on May 10 and conclude on May 26, 2016. There will be two sessions per week for a total of six sessions. Please come out and discover more about this unique sailing program.

### Sail Team Places 4th in SAISA Open, 13th for Season

Summary of WMS Newsletter Article

Congratulations to the Warrior Sailing Team on their 4th place finish in the first SAISA Open in Oriental, NC!

WMS student, Ella Smith, along with high school students Noah Benton, Victoria Marinoff, and Anna Sandor, waited through high winds all day Saturday to finally be able to race on Sunday.

Clay Register joined the group and saved the day so that they could compete. Winds dropped to a much more manageable 8-10 knot range, and a course was set for the Neuse River. Five races were held with a combined fleet and the "A" Fleet finished third with 19 points. The B"B Fleet finished 4th with 36 points, giving the Warriors a combined score of 55 points for an overall fourth place win.

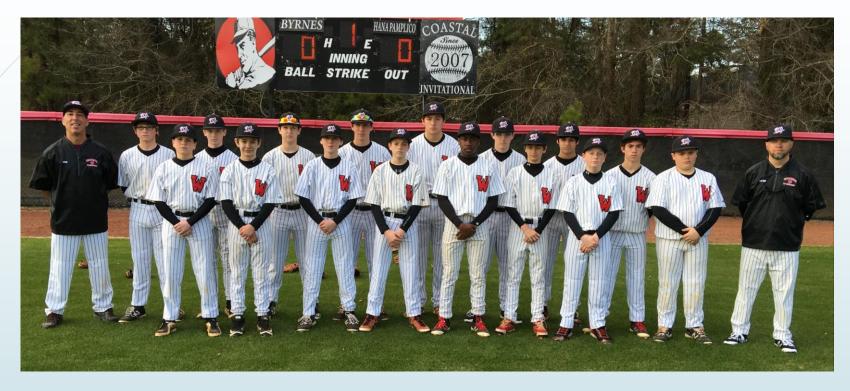


Front left to right - Anna Sandor, Ella Smith, Victoria Marinoff, Rear left to right - Clay Register and Noah Benton

The Warriors finished the year in 13th place for SAISA North District out of 32 teams. The team will continue to practice in preparation for the summer sailing in which some team members will participate.

# B-Team Baseball vs. Georgetown—April 9, 2016

SpiritGamble



On April 9, 2016, the Waccamaw B-Team Baseball team played Georgetown in a riveting game. Waccamaw started off strong, scoring five runs in the first inning. They played hard and it paid off when they won with a score of 13-5.

Though they are outstanding players, most are modest and have high expectations for themselves and the team. When asked about how he felt about the game, pitcher, Shaw Keough replied, "We did good, but we could have done better." Keough and the team always bring their A-game, win or lose.

# B-Team Baseball vs. Loris—April 11, 2016

Ellison Kate Fox

On April 11, 2016, the B-Team Baseball team played against Loris at home. After playing very well and working together, the team won 12-3!

Eighth grader, Ryon Fox said, "During the game, we tried our hardest as a team. We knew that this game might be easier than others, but we still worked together and showed the other team what we were made of. As a result, we ended up winning and the team was very happy!"



### **WMS** Lacrosse

Spirit Gamble

The JV Lacrosse game against Carolina Forest on April 11, 2016, was tiring for both the players and the spectators. At 5:00 pm, the scheduled time for the game to start, the Carolina Forest team was no where to be seen. Finally, after an hour wait, the Panthers showed up.

Due to the delay, the game was split into two fifteen minute halves instead of the usual four ten minute quarters. In the first few minutes of the game, Carolina Forest scored the first two goals, but the Waccamaw boys didn't give up. They also scored a goal. Unfortunately, the Waccamaw team lost with a final score of 6-1.

### Molly Kelso



At their final game of the season, the boys JV Lacrosse Team lost 4-1. The boys tried hard all season long to achieve their goals, and even though they didn't have an undefeated season, they still grew as a team.

Eighth grader Davey von Achen stated "We didn't achieve our goals because some people had difficulty with passes and catches due to so much adrenalin. They often made the shot before they thought they did!" The teams only point scored was by high schooler Liam Sullivan during the first quarter of the game.

# Color Run, April 16, 2016

On Saturday, April 16, 2016, WMS held its first annual Color Run. To participate in the Color Run, students either had to raise a minimum of 30 dollars or pay 30 dollars at registration on the day of the race.

The run was a 5k which was equivalent to 3.2 miles. As participants ran, volunteers threw colored dye at them and at the water stations they were "attacked" while drinking water.

In the beginning and end there were big color parties. Emma Grace stated, "I had so much fun at the Color Run and I can't wait to do it with my friends again next year." We are looking forward to learning the total proceeds for this event.



# Softball @ Loris—April 11, 2016

Sarah Bankert

The Waccamaw Warriors Junior Varsity Softball Team played their last game of the season on Monday, April 11, 2016, at Loris High School. They lost in overtime with a score of 14-13.

"We played our hardest, but ended up letting the game slip away. We let balls get through our legs and throws were over heads. We could have won if we communicated better."

The girls ended their season with 4 wins and 6 losses. "I hope to continue to play with these great girls," commented seventh grader Emma Grace.



# Tennis vs. Mullins—April 14, 2016

Peyton Buzzell

On April 14, 2016, the WMS/WHS JV Tennis Team played a game against Mullins. The team won 7-0, and the players were very excited that they conquered Mullins.

"This was one of our easier games that we had to play. I was very happy for our team," exclaimed Coach Lynn Hunt. Player Will Tiller said, "I was so proud of my team. We played our best game of the season that day."

Congratulations to the WMS/WHS JV Tennis Team!



# Golf vs. Socastee—April 14, 2016

Rebecca Barnes--Parent Reporter

In March, the JV Golf Team, won their first match against Low Country Preparatory School at Litchfield Country Club, followed by a third place finish at the Bengal Invite in Columbia, SC.

On April 4, 2016, the boys finished over Aynor at True Blue.

Upcoming matches and tournaments include:

- May 3, 2016 Waccamaw JV Golf travels to Diamondback Golf Club to face Aynor and Loris
- May 4, 2016 (tentative) Waccamaw JV Golf hosts Marion at Caledonia.



# Girls' Soccer vs Boys' Soccer—April 14, 2016

Sydney Baker

The Boys' JV Soccer Team had a scrimmage against the Girls'JV Soccer Team. They played just for fun, but the boys won 5-0.

As Boys' JV Soccer player,
Alex Gauthier said, "We
wanted to play the girls
because we thought it would
be fun to see who would win,
since we are both JV Soccer
teams."





### School Store Menu

/	Days	Items	Prices
	Moe's Mondays	BBQ sandwich with a bag of chips	\$4.00
/	Kentucky Fried Chicken	Three chicken strips and potato wedges	\$4.00
	Whopper Wednesdays	Hwy 55 hamburger or cheeseburger with a bag of chips	\$4.00
	Chicken Thursday	Hwy 55 chicken sandwich with a bag of chips	\$4.00
	Pizza Fridays	A slice of pizza and a chocolate or vanilla milkshake	One slice\$ 2.00 Milk shake\$ 2.00

### School Breakfast and Lunch Menus



helps keep kids healthy and gives them the energy they need to learn.



EARTH DAY # APRIL 22

# Featuring Healthy Fruits & Grains!

### Monday, April 4

hoose two: Yogurt, Cereal Bar, or Cereal Bowl Choice of Juice and Milk

Monday, April 11

Choose two: Muffin, String

Cheese, or Cereal

Sliced Pears

Choice of Juice and Milk

Monday, April 18

Choose two: Yogurt, Cereal

Bar, or Cereal Bowl

Peach Slices

Choice of Juice and Milk

Monday, April 25

Choose two: Muffin, String

Cheese, or Cereal

Sliced Pears

Choice of Juice and Milk

#### Tuesday, April 5 Pancake Link Sausage

Tuesday, April 12

Mini Pancakes

Mandarin Oranges

Choice of Juice and Milk

Tuesday, April 19

Pancake

Link Sausage

Applesauce

Choice of Juice and Milk

Tuesday, April 26

French Toast Sticks

Link Sausage

Mandarin Oranges

Choice of Juice and Milk

Mandarin Oranges Choice of Juice and Milk

#### Wednesday, April 6 Breakfast Pizza Chilled Pear Slices Choice of Juice and Milk

Wednesday, April 13

Grits, Sausage Patty

Whole Wheat Toast

Sliced Peaches

Choice of Juice and Milk

Wednesday, April 20

Scrambled Eggs, Biscuit

Fruit Cup

Choice of Juice and Milk

Wednesday, April 27

Grits, Sausage Patty

Whole Wheat Toast

Chilled Peaches

Choice of Juice and Milk

Thursday, April 7 Breakfast Bites Seasonal Fresh Fruit Choice of Juice and Milk

#### Friday, April 8 Chicken Biscuit Fruit Cup Choice of Juice and Milk

Thursday, April 14 French Toast Sticks Link Sausage Seasonal Fresh Fruit

Choice of Juice and Milk

Thursday, April 21

Pancake Pups

Seasonal Fresh Fruit

Choice of Juice and Milk

Thursday, April 28

Breakfast Bites

Seasonal Fresh Fruit

Choice of Juice and Milk

#### Friday, April 15 Ham Biscuit Applesauce

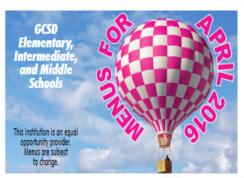
Choice of Juice and Milk

#### Friday, April 22

Breakfast Pizza Pineapple Chunks Choice of Juice and Milk

### Friday, April 29

Sausage Biscuit Fruit Cup Choice of Juice and Milk





### SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes. close-toed shoes, and a helmet - and follow

#### **WELLNESS IS A WAY OF LIFE!**

### Monday, April II

Teriyaki Beef Dippers w/ Hot Biscuit \*Deli Wrap

California Blend Vegetables Mashed Potato Clouds

> Fruit Cup Seasonal Fresh Fruit

#### Tuesday, April 5 Lunch

Chicken Pilau

Pizza

Popcorn Chicken w/ Biscuit & FF Dipping Sauce Tuna Pasta Salad

Monday, April 4

Collard Greens Steamed Broccoli Savory Carrots Sweet Yellow Corn Mandarin Oranges Frosty Peach Cup

Seasonal Fresh Fruit Seasonal Fresh Fruit Choice of 1 % Plain Choice of I % Plain

or Flavored Non-fat Milk

Lunch Country Style Steak w/ Brown Rice \*Chicken Salad Croissant

Choice of 1 %

Lunch

#Taco Salad

w/ Tortilla Chips

Turnip Greens

Pinto Beans

Sliced Peaches

Seasonal Fresh Fruit

Chocolate Chip Cookie

Choice of 1 % Plain

or Flavored Skim Milk

Green Beans Oven Baked Okra

Fruit Cup Seasonal Fresh Fruit

or Flavored Non-fat Milk or Flavored Non-fat Milk

#### Thursday, April 7

BBQ Chicken Baked Ham Hot Yeast Roll with Either

Orange-Glazed Sweet Potato **Patties** 

Spinach Salad w/ Strawberries\*\* Applesauce Seasonal Fresh Fruit Choice of 1 % or Flavored Non-fat Milk

#### Friday, April 8 Lunch Hotdogs on a Bun

w/ Chili \*Grilled Chicken Fillet on a Bun

Cole Slaw Baked Beans Pear Slices Seasonal Fresh Fruit

Choice of 1 % or Flavored Non-fat Milk

ettuce & tomatoes, if available

Please note that chef's salads may not be available at the intermediate and middle schools until Thursday, April 7 depending on produce delivery time.

\*\*Fresh Strawberries will be served with the salad, if available.

#### Tuesday, April 12 Lunch

\*Chicken Fillet on a Bun \*Sub Sandwich \*Chicken Salad w/ Crackers

Sweet Potato Fries Broccoli Salad

> Pear Slices Seasonal Fresh Fruit

Choice of I % Plain Choice of I % Plain or Flavored Non-fat Milk or Flavored Skim Milk

#### Wednesday, April 13 Thursday, April 14

Lunch Lemon-Pepper Baked Chicken Hot Yeast Roll **BBO Sandwich** 

Green Beans Oven Baked Okra

Frosty Strawberry Cup Seasonal Fresh Fruit Choice of I % Plain or Flavored Skim Milk

### Lunch

Friday, April 15

Fish Strips w/ Hushpuppies Corndog

> Savory Carrots Tossed Salad

Frozen Fruit Sidekicks Seasonal Fresh Fruit

Choice of 1 % or Flavored Non-fat Milk

### Late-April School Calendar

