

The Scottie Scoop!



FREEMAN ELEMENTARY SCHOOL • Mrs. Phelan, Principal • OFFICE (509) 291-4791 FAX (509) 291-7339
FREEMAN MIDDLE SCHOOL • Mr. Straw, Principal • OFFICE (509) 291-7301 FAX (509) 291-8009



Maple Bars With Mom

May 10
7:30-8:10 a.m.
K-8 MPR

Moms With Freeman Students Grades P-8

Please join us!
Leo's Photography will take Photos.
\$10 for two 3x5's

Did you know...

Freeman Band students and Cheerleaders share their performance skills in the **Spokane Lilac Festival Armed Forces Torchlight Parade in May**, and the **Southeast County Fair in September**.

(See page 3.)



After-school arrangements.

All bus notes & r/d plan changes must be called in to the school office by 2:00 pm each day.

Parents, please *do not* approve last minute, end-of-day requests from children asking for permission to remain on school grounds for various school activities, or other plan changes.

Please arrange ahead of time.
Elementary Office (509) 291-4791
Middle School Office (509) 291-7301



Congratulations **Gus Haskins** — winner of three of five games at the State Chess Tournament in Tacoma at the end of April.

On the Calendar (See page 4 for Sports)

- May 10** Maple Bars With Mom, K8 MPR, 7:30-8:10 am
Electronics Recycling Event, Upper Parking Lot, 2-5 pm
- May 14** PTSG, FES Community Classroom, 1:30-3:30 pm
- May 15** FSD Late Start (District Professional Development) 10:15 am
- May 16** Preschool Field Trip
- May 16-17** FFA Plant Sale, See p. 7
- May 21** 3rd & 4th Gr Concert, , FHS Red Gym, 7:00 pm
- May 22** 8th Gr Promotion Party Planning, FES Community Classroom, 3:00 pm
- May 24** Snow Makeup Day—No School

Thank you!

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Final Scottie Scoops!

May 23 (deadline May 21)

June 7 (deadline June 5)

AJurcevich@FreemanSD.org

The Freeman School District complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, national origin, disability, or the use of a trained dog guide or service animal by a person with a disability, sexual orientation, including gender expression or identity, veteran or military status, and provides equal access to the Boy Scouts of America and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX officer and/or Section 504/ADA coordinator: Randy Russell, Ph.D., Superintendent, 15001 S Jackson Road, Rockford, WA 99030, 509-291-3695.

FARM Talk — Lilacs From The Old Farmer's Almanac

GROWING LILACS

Botanical Name	<i>Syringa</i>
Plant Type	Shrub
Sun Exposure	Full Sun, Part Sun
Soil Type	Any
Soil pH	Neutral to Slightly Alkaline
Bloom Time	Spring, Summer
Flower Color	Blue, Pink, Purple, Red, White, Yellow
Hardiness Zones	3, 4, 5, 6, 7 We are Zones 5 & 6.
Special Features	Attracts Butterflies



Lilacs come in seven colors, but most of us are familiar with the common lilac, *Syringa vulgaris*, which blooms in the northern states for two weeks in late May. However, there are early-, mid- and late-season lilacs, which, when grown together, ensure a steady bloom for at least six weeks.

Lilacs are hardy, easy to grow and low maintenance. They can grow from 5 to 15 feet tall, depending on the variety. The fragrant flowers are good for cutting and attractive to butterflies.



**Town of Fairfield
Free Summer
Lunch Program**
for ALL Children 18 years Old
and Younger

Lunch will be served
noon to 1:00 pm
Monday through Friday.

Summer 2019



June 24 to August 9

Location
Fairfield Community Center
304 East Main Street
Fairfield, WA 99012

Adults may purchase
a meal for \$4.00

Contact Information
Fairfield Town Hall
(509) 283-2414
LaDonna Kelly
(509) 291-3962



PACE Assemblies are held five times a year to recognize one FES student per classroom, per month, who exemplifies each month's **PACE** character trait.

The next assembly is set for June 7, 2019, 8:45 a.m. recognizing May, June, July & August character traits.

(Perfect Attendance is recognized in January and June in conjunction with the **PACE** Assemblies.)

Vocabulary Mom in other Languages...



- Arabic: Ahm
- Bosnian: Majka
- Brazilian Portuguese: Mãe
- Czech: Matka
- Danish: Mor
- Dutch: Moeder or Moer
- French: Mère or Maman
- German: Mutter
- Greek: Mān
- Italian: Madre or Mamma
- Japanese: Okaasan or Haha
- Norwegian: Mor
- Polish: Matka or Mama
- Russian: Mat'
- Spanish: Madre or Mamá or Mami
- Swahili: Mama or Mzazi or Mzaa
- Swedish: Mamma or Mor

Tick Season. WA State Dept of Health is trying to identify species of ticks & determine the risk for tick-borne disease in various regions. Any tick you find on yourself or pets, safely remove and place in a secure container with a few blades of grass. Fill out the Tick Identification Submission Form (page 8) and follow shipping instructions. You will be notified of what tick species it is.



Avoiding Ticks. When working, camping or walking in tick habitat (wooded, brushy, or grassy places) a few precautions can reduce your chance of being bitten.

Wear long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants. Wear light-colored, tightly woven clothing which will allow the dark tick to be seen more easily. (Tight weaves make it harder for the tick to attach itself.)

Use tick repellent when necessary, and carefully follow label instructions. Take care when using repellents on children. To find the best repellent for you, refer to: www.epa.gov/insect-repellents/find-repellent-right-you#searchform

Check yourself and children thoroughly for ticks. Carefully inspect areas around the head, neck, ears, under arms, between legs and back of knees. Look for what may appear like a new freckle or speck of dirt.

Don't forget your pets, refer to: www.cdc.gov/healthypets/publications/check-pet-for-ticks.html

Shower or bathe (preferably within 2 hours after being in tick habitat) to wash off and more easily find ticks that are crawling on you.

Hunters & their dogs are especially vulnerable to tick-borne diseases because of time spent in tick-infested areas. Learn how to prevent tick bites during hunting season.



Thank you for linking your Fred Meyer Rewards card to Freeman Elementary. We recently received \$231.94. Please link yours (annually) if you have not done so. Our recent check was \$231.94!



<https://www.fredmeyer.com/topic/community-rewards-frequently-asked-questions>



On the Sports Calendar

- May 13** FMS Track v. EV & Cheney @ Cheney, 4 pm
- May 14** FMS 7th Gr. Baseball v. Westwood @FMS, 3:45 pm
FMS 8th Gr Baseball @ Westwood MS, 3:45 pm
- May 15** FMS Track v. Westwood @ FHS, 4:00 pm
- May 20** FMS Track, GSCL Prelims @ Cheney, 3:30 pm
- May 21** FMS Track, GSCL Prelims @ Westwood, 3:30 pm
FMS 7th Gr Baseball @ Centennial MS, 3:45 pm
FMS 8th Gr Baseball v. Centennial @ FMS, 3:45 pm
- May 23** FMS Track GSCL All-league Meet @ EV, 3:30 pm
FMS 7th Gr Baseball v. Cheney @ FMS, 3:45 pm
FMS 8th Gr Baseball @ Cheney MS, 3:45 pm



Spokane Lilac Festival Events

- May 11** Junior Lilac Parade, Downtown Spokane, 3-5:00 pm
- May 18** Float Viewing, 4th Avenue & Jefferson, Under the Freeway
Come and see Freeman's float, built by fourth-grade class.
Lilac Festival Food Truck Rally, Howard Street Bridge
- May 18** 81st Annual Armed Forces Torchlight Spokane Lilac Festival Parade, 7:45 pm



Badminton Summer Camp

16th Annual Shuttlefreaks Badminton Summer Camp (4 Days | Ages 8-17)

This is the 16th Annual Shuttlefreaks Badminton Summer Camp. The camp is designed to introduce new players to this exciting sport, and also sharpen the skills of the intermediate player. This camp focuses on the fundamentals of competitive Badminton in a fun, but challenging way by incorporating mobility and match play drills to refine technique. Participants should expect a daily routine of fun but vigorous activities, and should be appropriately dressed.

The camp will be coached by Canadian National Team Member and 2020 Olympic hopeful, Kevin Barkman.

What to bring: racquet (if you have one. If not, loaners will be available. New ones will also be available for purchase), sack lunch and appropriate gym attire with non-marking shoes for indoor and running shoes for outdoor.

When: June 24-27, 2019
9:00 am - 3:00 pm Daily

Where: HUB Sports Center
19619 E Cataldo
Liberty Lake WA 99016

Costs: \$ 120 pp

Deadline: 05/27/19

Registration: [HUB Sports Center](https://hub.configio.com/pd/823/shuttlefreaks-badminton-summer-camp)

<https://hub.configio.com/pd/823/shuttlefreaks-badminton-summer-camp>

Info Contact: Shuttlefreaks@comcast.net



Motherhood. (*Mia Redrick*) Every mother has struggled with the question of whether she is doing a good enough job. It's only natural to worry about our children, and whenever one of them does something wrong, we ask ourselves if we did anything to cause the behavior. However, it's important to remember that God gave you your children for a reason. He obviously thought you could do the job perfectly. So how do you conquer these inner uncertainties and become a mother who knows she is not only good enough, but great?

1. **Release the inner critic.** No mother should ever compare herself to any other parent. Just like children, no two mothers are alike, and each parenting style has its own place. God knew exactly what kind of parenting your child would need, and he matched each child to the right parents. We are always our own worst critic, and it is far too easy to compare ourselves to Susie Homemaker or Cathy Corporate. However, you can bet that Susie and Cathy are probably comparing themselves to you and also asking why they can't be more like you.
2. **Your best is good enough.** We all strive to do our best, but the problem begins when we feel like our best isn't good enough. No matter what we do, we might feel that our efforts come up short, but just think for a minute about how your son or daughter sees it, especially while they're young. Do you think they will see that mom never had the money to buy them the Halloween costume they wanted? No, instead they will remember the fun times they had helping you make their costumes, even if those costumes never turned out exactly right.
3. **Take better care of yourself so that your best is possible.** Self-care is an important part of being a mother. A mom who doesn't take care of herself is unable to take care of her children. For example, a mom who is extremely sick and doesn't take the time to go to the doctor may become weaker and weaker until she can't even get up to get her child food. On the other hand, if she went to the doctor and got some antibiotics, the illness would not have been so bad and it would all have been over in a couple of days. The same is true of healthy mothers. A mother who never takes time out for herself will feel stressed and unloved. When she feels stressed and unloved, she is unable to love others, especially her children.
4. **Less is more.** Children, especially when they are young, enjoy the simple things in life. Kids may not remember the elaborate lengths you went through to throw them the perfect birthday party. They won't remember the big pile of presents, but they will remember that one small special gift you bought. A child's focus is scattered onto so many things all at once, but these small moments you create will shine a bright light in your child's memories.
5. **Communication is the key.** Regardless of how much your child does or doesn't talk to you, communication is about much more than the number of words that come out of your child's mouth. It's about being actively involved in their interests. Spend some time listening to your son's music or sit and play video games with him sometimes. Just realize that knowing what interests your child has will give you an insight into him that you never would be able to have otherwise, even if you try to spark a conversation with him. Establish this type of communication early so that by the time your daughter is a teenager, it doesn't seem strange that mom is checking out her music or asking to meet her friends.
6. **Date your kids individually.** Every child needs to feel important, and one of the best ways to make your children important is to spend time with each of them individually. Sure, family time is important, but make sure that you have some time set aside for each child, and use this time to communicate and learn about their interests.
7. **Change what you believe.** Sometimes being a mother is about stretching our beliefs. We are all raised with a very specific set of beliefs that create the foundation of who we are, but sometimes the world changes and things are thrown off-kilter. Every mother has images of her perfect child, tall or short, lanky or muscled, athletic or smart. But what happens when your child doesn't fit your expectations? You have to be able to change what you believed about your child so that you don't end up forcing him to be what he isn't.
8. **Do less well.** Often we feel like we have to be Super Mom, wear boots and a cape, and fly around to do everything. We think we have to have the house perfectly clean at all times, help our kids with their homework, research and deliver a presentation that wows our client over the dinner hour, and still have a hot, homemade meal on the dinner table at home. Of course in reality it's pretty hard to do all of this at the same time, so just choose one thing you can focus on and do it very well. Maybe you're not a very good cook, but you have a knack for research and presentations. Just focus on your work presentation and help your kids do homework afterward over a late dinner from the local takeout.
9. **Make sure the discipline matches the crime.** There are all kinds of schools of thought about discipline, but the most important thing to do when disciplining is to make sure that the punishment fits the crime. If the child is a little older, ask her what she thinks the punishment should be. If the child is too young to understand this, make sure that the punishment is directly related to what she did.
10. **Allow your kids to fail.** No parent should ever run around behind their child fixing all of their mistakes. Of course it's important to be there if your child makes a big mistake and to make sure he knows that he can turn to you. But sometimes it is necessary to let him fail. If his girlfriend breaks up with him because he spent too much time playing video games and not enough time with her, let him figure out on his own what he did wrong. It's ok to clue him in, but don't fix it for him. He will never learn how to live life and fix problems himself if mom is always there to make corrections.

Remember, being a good enough mom isn't a matter of perspective. It's a fact that you are already good enough. You only have to believe.





Kindergarten Registration

Available online at
www.freemansd.org
(Registration Packet and
Kindergarten Questionnaire)

- If you plan to come to
the school to register,
be sure to bring with you
- 1) immunization records,
 - 2) state identification (parent),
 - 3) birth certificate and
 - 4) proof of residency.



Freeman Harvest of the month Green Peas

Parmesan Peas

2 T. unsalted butter
3 small shallots, sliced
1 14-oz bag frozen peas,
thawed
1/2 t. kosher salt, plus a pinch
2 T. freshly squeezed lemon
juice
1/4 c. grated Parmesan cheese
(recommended: grate yourself
from cheese triangle)



1. Melt butter in a medium skillet over medium heat. Add shallots and a pinch of salt, and cook until soft and translucent (clear), about four minutes.
2. Stir in peas and 1/2 t. salt and cook until peas are soft but still bright green, just two to three minutes. Add lemon juice and toss. Remove from heat and stir in Parmesan and a generous pinch of black pepper. Serve hot.

www.foodnetwork.com

May 16th-17th
Thursday 3pm- 7pm

&

Friday 3pm-5pm

Greenhouse
located behind the
school by the
baseball field.

Benefitting
Freeman High
School FFA

Blue Jackets,
Gold Standards

**FREEMAN HIGH
SCHOOL**

14626 South Jackson Rd.
Rockford WA 99030

Questions?

Elizabeth Nelsen
Freeman FFA Advisor
enelsen@freemansd.org

509.291.8721



FREEMAN FFA PLANT SALE!

May 16th and 17th

Spring has sprung and so has the wide selection of plants growing in the Freeman High School Greenhouse. We have lots to choose from!

Don't forget Mothers Day is just around the corner!

- o Tomatoes, squash and zucchini
- o 12" Geranium, Petunia, and mixed hanging baskets
- o 6" Zonal Geraniums
- o Petunia and verberna mixes.
- o Succulents
- o Various planter fillers (alyssum, lobelia, snapdragon, etc.)

AND MUCH MORE!

Tick Identification Submission Form

Instructions

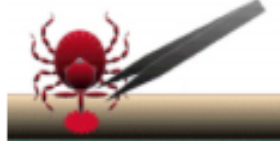
TICK MUST BE DEAD BEFORE SHIPPING

1. Place the tick into a small plastic or metal container (an empty pill bottle is ideal). Close tightly and freeze the tick for at least 24 hours to kill it.
2. Put the container holding the tick into a sealed plastic bag.
3. Place the bag into a **padded** envelope for mailing. Do not use a standard business envelope.
4. Complete this form and mail it with your tick to:

**WA Tick Identification
Zoonotic Disease Program
PO Box 47825
Olympia, WA 98504-7825**

Note: The submitter must pay the shipping cost.

Remove a Tick Promptly and Properly



Grasp the tick close to the skin with tweezers.



Gently pull straight up to remove the tick.
Disinfect the bite site.

Complete Section, Print, and Mail with Tick

Date the tick was collected: _____

Description of where the tick was most likely acquired such as address, town, wilderness area, or GPS coordinates. Include county and zip code.

County _____ Zip Code _____

Activity when tick was acquired:

- ☐ Hiking ☐ Dog Walking ☐ Gardening
☐ Other _____

Tick was found on:

- ☐ Human ☐ Dog ☐ Cat
☐ Other _____

Was the tick attached? ☐ Yes ☐ No

If tick was found on a person, what was their age and gender?

Age _____ Gender _____

Travel outside Washington in past two weeks?

☐ No ☐ Yes, where? _____

Tick submitted by: _____

Email _____

Note: The submitter will be notified via email of tick identification findings.

More Information

Tick identification is available through the Washington State Department of Health's Zoonotic Disease Program only. We do not provide testing of the tick for disease pathogens. Identifying the tick species may help a healthcare provider diagnose an illness that could be associated with a tick bite. If a fever, rash, or flu-like illness occurs within a month of a bite, contact your healthcare provider. Let them know you were bitten by a tick and that you submitted the tick for identification. For information about tick-borne disease and prevention, see www.doh.wa.gov/ticks.

Once received, all tick submissions become property of Washington State Department of Health, and will not be returned to the submitter. For questions about this submission form, contact us at 1-877-485-7316 or zd@doh.wa.gov.

Washington State Department of Health Use Only

Tick Local ID Number: _____

Date Received: _____

Date Entered: _____

Identified as: _____ on _____

☐ ♂ ☐ ♀ ☐ Nymph ☐ Larva _____

Notification Date: _____

STADIUM CHAIRS

FREEMAN CLASS OF 2021 FUNDRAISER

60 SCOTTIES

MAIL ORDER FORM
AND PAYMENT TO:
AMY FLAUG
28010 SOUTH CUMMILL
SPANGLE, WA 99021
AMYTELAUG@GOLD.COM



ORDER THROUGH MAY FOR
DELIVERY BY 6/10/19

ORDER TODAY



NAME _____ PHONE _____

EMAIL _____

STANDARD SIZE _____ X \$55 = _____

WIDE SIZE _____ X \$60 = _____

TOTAL ENCLOSED _____

(payment in full must accompany order - check is only - no cash please)

PAYABLE TO: FREEMAN CLASS OF 2021

You will be contacted via email as soon as your

order is received & again when it's ready for pick up.

Save the Date

Freeman Elementary &
Middle School
Spokane Indians Night
at the Ballpark

June 21

More info to follow.

Back to School
Night
August 30



Electronics + Recycling Event

May 10
2-5 PM

Freeman
Elementary

Upper Parking Lot

15001 South Jackson Rd
Rockford, WA 99030

Support a local non-profit
www.theartisans.org



Reusing and
recycling
electronics
recovers
valuable
resources



May contain
toxic materials
like lead,
cadmium and
mercury

This material is based upon work supported
under a grant by the Rural Utilities Service,
United States Department of Agriculture.
Comments, findings, and conclusions or
recommendations expressed in this material
are those of the author(s) and do not necessarily
represent the official views
of the Rural Utilities Service.

First 10
CRT TVs
recycled
for free!

Items Recycled for Free

Batteries. Cellphones. Communications Equipment. Computers. Laptops. Printers. DVD
Players. VCRs. Small Household Appliances. Misc Electronics. Misc. Office Machines.
PDAs. Handheld Games. Servers. Routers. Hubs. Stereo and Audio Equipment. Televisions
(LCD and LED). Cardboard. Scrap Metal - Rotors, Brakes, Vehicle Body Parts, Engine Parts
(please have oil/fluids removed), Construction Metal and Wiring, Rims (no tires), Office
Paper. Newspaper. Shredded Paper (we take it but do not shred it). Aluminum Cans.

Please do not bring large appliances, freezers or air conditioners, or items with Freon

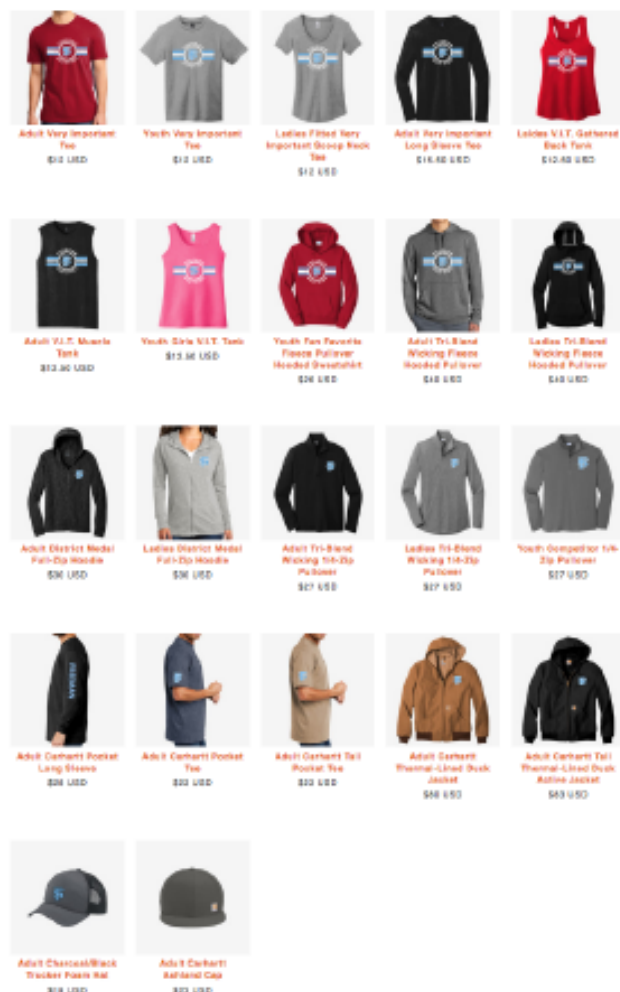
Items Recycled and Services for a Fee

10-20 inch CRT Monitors/TVs- \$10 Each.

21-36 inch CRT Monitors/TVs- \$20 Each.

37 inch + CRT's and Projection Televisions- \$30 Each.

Data Wiping- \$10 per Hard Drive.



ORDER YOUR FREEMAN SPIRIT APPAREL AT
<https://freemanspirit.secure-decoration.com/>
THE ORDERING DEADLINE IS May 20, 2019.

Click on the e-stores tab and type the name of your store in the search bar or simply scroll through the alphabetized list. Please select NO SHIPPING at checkout to avoid shipping charges. Garments will be delivered to your school or business approx. 10 business days after cutoff.

ALL SALES ARE FINAL. NO RETURNS OR EXCHANGES.

Please contact Momentum Ink with any questions.
 The representative for this e-store is:
 Tracy Phelps: tracy@momentumink.com

MOMENTUM INK
 SCREENPRINTING AND EMBROIDERY
www.momentumink.com
 208-777-3466

April 8th, 2019
Fax ID# 81-0017785

Stay Strong NOW
Jan Chism
Rachelle Now Borrelli Fund
STCU 3903 E. Primrose Lane,
Post Falls, Idaho 83854

To Whom it may concern,

In August of 2018 Rachelle was diagnosed with a rare form of Atypical Spinal Meningioma in her lower lumbar. The tumor has grown around the nerves and is inoperable. The cancer has been non-responsive to Chemo and Radiation. Rachelle is 1 of 12 people who have ever had this rare form of cancer.

Due to unhealthy clinical side effects, including acute renal failure, permanent kidney damage, and lung scarring the Chemo treatment was stopped. She is able to continue with Immuno Therapy injection treatments. These injections cost \$5k/month and are All out of pocket and not covered by insurance. Her team continues to look for alternative treatments that have research based success.

Rachelle is 31 years old, with 3 wonderful young children. She has the best attitude and is pushing through each and every trial that comes her way. She is always giving herself to others in support, kindness, teaching, and fellowship. However, as you can tell Rachelle and her family are in need of financial support. So, the Spokane Valley Eagles, friends, and family are putting on a fundraiser called "Stay Strong NOW," on Saturday, June 8th, 2019. This event will be from 5-10pm, with dinner, live music-by Chris Ellenberger, a Silent Auction, and raffles.

We are asking you to consider giving to Rachelle-Stay Strong NOW. We are looking for donations in the form of silent auction items, gift cards, services, food, and/or cash donations. Anything you can do would be greatly appreciated.

Sincerely,

Jan Chism
509-890-1489
majestlorose@vancast.net

Stay Strong NOW



Fundraiser for Rachelle Now
Battling a rare form of
Atypical Spinal Meningioma

Saturday June 8th

At Spokane Valley Eagles
16801 E. Sprague, Spokane Valley

\$15 Entry 5-10pm

Dinner, Live Music by Chris Ellenberger
A Silent Auction, and Raffles

WASHINGTON

Peas

Pisum sativum



THRIVE

- ~ Peas are an excellent source of Vitamin A, which is best known for helping with night vision.
- ~ The vitamin C in peas helps the body heal cuts and wounds and helps to lower the risk of infection.
- ~ Peas are a source of fiber which helps regulate digestion and could protect against heart disease.

GROW

- ~ Peas are "nitrogen fixers". They thrive in cool, moist, spring weather and produce best in moderate climates like that of Western Washington.
- ~ Edible green peas include snap peas, snow peas, and green peas. Eastern Washington also grows lots of dry peas – the kind you'd have in split pea soup!
- ~ Gregor Johann Mendel (1822-1884), an Austrian monk, worked with peas in laying the foundation of the modern science of genetics.

TASTE

- ~ Edible pod peas like snap and snow peas are eaten with their pod raw or cooked. For snow or sugar snap peas, choose young pods with tender skin.
- ~ Green Peas are removed from their pod and eaten raw or cooked. Choose pods that are well filled but not bulging. Remove peas from their pods and cook as desired.



PEAK HARVEST IN WASHINGTON

Snap & Snow Peas:
May through August
Green Shelling Peas:
July through October



Thank you to our poster partner,
Lower Columbia School Gardens!

For information about WSDA's
Farm to Institution programs
go to our online toolkit at
wafarmtoschool.org or visit the
WSDA website at agr.wa.gov.



Washington
State Department of
Agriculture

This poster is for informational use only. It is not for sale. It is a
copy of a poster from the WSDA website.

Want to add money to your child's lunch account?

Keeping money in your child's lunch account is the easiest way to pay for school lunch! To do this, go to Freeman's home page (freemansd.org), scroll down and click "Make A Payment" on the right hand side. From there, enter your Skyward Family Access login information and navigate to the student you'd like to add money for. Then add it to their "Food Service" account. You will get reminders from School Messenger and Skyward if your child's lunch account is low or has a negative balance.

Meal Prices: Lunch

Breakfast		Lunch	
Elementary	\$1.70	Elementary	\$2.75
Middle	\$1.80	Middle	\$2.95
High	\$1.80	High	\$3.10
		Milk Only	\$0.60
		Adult Breakfast	\$2.20
		Adult Lunch	\$4.10

May Movie Week! Enjoy a movie during lunch with a hot lunch that fits the theme of the flick!



This institution is an equal opportunity provider.

Monday, May 13th	Tuesday, May 14th	Wed, May 15th	Thursday, May 16th	Friday, May 17th
Breakfast Breakfast Cookie Yogurt	Breakfast Egg McFreeman	Late Start! Enjoy a healthy Breakfast at home!	Breakfast Pretzel with Cheese Sauce	Breakfast French Toast Sticks Spiced Apple Topping
Lunch Mac and Cheese Bar Garlic Toast Caesar Salad	Lunch Crispy Breaded Chicken Tenders Mashed Potatoes Gravy Whole Wheat roll	Lunch Super Sub Sandwich Sun Chips	Lunch Lunch Brunch! Egg McFreeman Fruit Salad	Lunch Handmade Pizza Caesar Salad
Monday, May 20th	Tuesday, May 21st	Wed, May 22nd	Thursday, May 23rd	Friday, May 24th
Breakfast Pancakes and Sausage	Breakfast Egg McFreeman	Breakfast Fruit Smoothie and Muffin	Breakfast Breakfast Pizza	No School!
Lunch Chicken Alfredo Roasted Broccoli Italian Breadstick	Lunch Elementary School: Pizza or Cracker Stacker Lunch Pack Middle School: Philly Cheese Steak	Lunch Chicken and Waffles Northwest Apple Salad	Lunch Build-your-own Burger Home-style Baked Beans Tater Tots	
Monday, May 27th	Tuesday, May 28th	Wed, May 29th	Thursday, May 30th	Friday, May 31st
No School!	Breakfast Egg McFreeman	Breakfast Bagel with Cream Cheese	Breakfast Cinnamon Roll	Breakfast French Toast Sticks Spiced Apple Topping
	Lunch Chickenwich Coleslaw Ratatouille	Lunch Teriyaki Chicken Noodle Bowls Fortune Cookie	Lunch Spaghetti and Meatballs Italian Breadstick	Lunch Handmade Pizza Caesar Salad Movie: Toy Story
	Movie: Ratatouille	Movie: Kung Fu Panda	Movie: Cloudy with a Chance of Meatballs	