

Hot Lunch Order Form for March 2018

"This institution is an equal opportunity provider."

All orders are due by 8:00 a.m. on

Tuesday, February 20th

- ✓ **Hot lunches need to be PRE-ORDERED** in order to be served!
- ✓ Parents **PLEASE** mark down the days your child(ren) *will be having hot lunch*. Each child will need their own order form.

We are in need of helpers every month!

Please consider volunteering. We need the help. Volunteers are asked to be at school by 11:15 a.m. to prepare for serving. Clean-up will take until about 12:30 p.m.

Please check only the dates that your child will be **ordering hot lunch**.

1 ___ 2 ___

5 ___ 6 ___ 7 ___ 8 ___

12 ___ 13 ___ 14 ___ 15 ___ 16 ___

19 ___ 20 ___ 21 ___ 22 ___ 23 ___

Please check **all** the dates you could **volunteer** to help in the cafeteria during lunch time.

1 ___ 2 ___

5 ___ 6 ___ 7 ___ 8 ___

12 ___ 13 ___ 14 ___ 15 ___ 16 ___

19 ___ 20 ___ 21 ___ 22 ___ 23 ___

_____ X \$3.00 = \$ _____
(# of orders)



You must pay for the meals you are ordering now or this form will be returned to you. The exact amount in the form of cash or a check (payable to ICS) must accompany each order when turned in.

Student's Name _____ Grade _____

Volunteer's Name _____ Phone # _____

K-8 MARCH LUNCH MENU LENT 2017-2018

Menu Subject to Change

Tuesday

Wednesday

Thursday

Friday

1st
2nd

Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings. Please visit dining.lancertoshopality.com for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5th</p> <p>Crispy Chicken on a Bun Celery Smiles Steamed Corn Chilled Peas</p> <p>ALTERNATE: Italian Cold Cut Combo</p> <p>12th</p> <p>French Toast & Syrup Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice</p> <p>ALTERNATE: Spiced Turkey & Cheese Sub</p> <p>19th</p> <p>Beef Hot Dog on a Bun Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Chilled Mixed Fruit</p> <p>ALTERNATE: Italian Cold Cut Combo</p> <p>26th</p> <p>Sabino's Pizza Burger Italian Seasoned Beef on Garlic Toast Baby Carrots Hummus Fresh Orange</p> <p>ALTERNATE: Italian Cold Cut Combo</p>	<p>6th</p> <p>Mint Turkey Corn Dogs Vegetarian Baked Beans Romaine Salad French Dressing Fresh Banana Ketchup</p> <p>ALTERNATE: Chicken Cheddar Wrap</p> <p>13th</p> <p>Chicken Tacos Whole Grain Tortilla Shredded Cheddar Cheese Taco Sauce Chipotle Style Beans Shredded Romaine Fresh Banana Chicken Caesar Wrap</p> <p>20th</p> <p>Chicken & Gravy Creamy Mashed Potato Bread & Butter Zucchini Coins Fresh Banana Giant Graham Cracker Ranch Dressing Chicken Cheddar Wrap</p> <p>27th</p> <p>BBQ Beef Meatballs Fresh Broccoli Potato Wedges & Ketchup Combread Fresh Grapes</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>7th</p> <p>BBQ Beef Riblet Hoagie Roll Glazed Carrots Fresh Sugar Snap Peas Appesauce</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p> <p>14th</p> <p>Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Fresh Apple Tater Tots & Ketchup Celery Smiles ALTERNATE: Turkey Club Sub</p> <p>21st</p> <p>BBQ Chicken Slider Hamburger Bun Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p> <p>28th</p> <p>Creamy Chicken Alfredo Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Fresh Melon WG French Bread</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>8th</p> <p>Sweet & Sour Chicken Meatballs Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Grape Tomatoes & Ranch Dressing Fresh Melon</p> <p>ALTERNATE: Turkey Club Sub</p> <p>15th</p> <p>Turkey Cheeseburger Hamburger Bun Shredded Lettuce Roasted Red Potatoes Fresh Strawberries Ketchup</p> <p>ALTERNATE: Southwest Chicken Wrap</p> <p>22nd</p> <p>Cheese Stuffed Breadsticks Marinara Dipping Sauce Spinach Salad Italian Dressing Celery Smiles Fresh Grapes</p> <p>ALTERNATE: Turkey Club Sub</p> <p>29th</p> <p>Beef Tacos Whole Grain Tortilla Cheddar Cheese Shredded Romaine Lettuce Refried Beans & Diced Tomatoes Fresh Apple Taco Sauce ALTERNATE: Turkey Club Sub</p>	<p>9th</p> <p>Garlic Cheese Pizza Bread Marinara Sauce Mixed Green Salad Fresh Apple Ranch Dressing</p> <p>ALTERNATE: Pizza OR Spiced Turkey & Cheese Ciabatta</p> <p>16th</p> <p>Garlic Cheese Pizza Bread Marinara Sauce Kale & Romaine Salad & Italian Dressing Fresh Orange</p> <p>ALTERNATE: Pizza OR Spiced Turkey & Cheese Ciabatta</p> <p>23rd</p> <p>Fish Patty WG Ciabatta roll Fresh Broccoli w ranch Steamed Carrots Fresh Melon</p> <p>ALTERNATE: Pizza OR Turkey Ham & Cheese Ciabatta</p> <p>30th</p> <p>Fish Sticks Dinner Roll Fresh Carrots Crunchy Cauliflower Florets Chilled Pineapple Ranch Dressing ALTERNATE: Pizza OR Spiced Turkey & Cheese Ciabatta</p>

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.
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IMMACULATE CONCEPTION CATHOLIC SCHOOL

4030 Jackson St. NE, Columbia Heights
763-788-9065

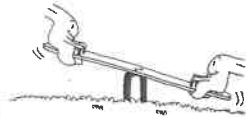
No matter how hard it is, O God, help us to do as Jesus taught. Give us strong faith to live our lives that you desire for us. Help us to be kind in our actions and in our words towards others, and to do your work well. We ask this in the name of Jesus Christ. Amen.

March 2018						
◀ Feb 2018						Apr 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 INTERIM Reports 8:30 am Mass Band	2	3
4	5	6 3:30 - 7:00 pm Parent / Teacher Conferences	7 12:45 pm-Crestview Grade 6 Girl Scouts (gr.K-1) Intramurals(Games) 6:30-8:00 pm Gr.4-8	8 8:30 am Mass Band Girl Scouts (gr.2-3) 3:30 - 7:00 pm Parent / Teacher Conferences	9 Teacher In-Service <u>No School or Journeys</u> 4:30 - 7:30 pm Lenten Fish Dinner (Fellowship Hall)	10 <u>Sat. Morning Club</u> 9:00 - 10:30 am Girl Scout Cookie Sale after 5 pm Mass
11 Girl Scout Cookie Sale after 8 & 10 am Masses <i>Daylight Saving Time Begins</i>	12 1:00 pm - Library Grade 1	13 6:00 PM School Advisory Council	14 10:30 am - Library Grades 2 & 4 12:45 pm-Crestview Grade 2 1:45 pm - Library Grades Kinder & 3 Intramurals(Volleyball) 6:30-8:00 pm Gr.4-8 Living Stations of the Cross @ 9 am & 7 pm	15 8:30 am Mass Band	16 8:30 - 10:30 am Reconciliation for Grades 2 - 8 <u>Chocolate bars distributed to students to sell as school fundraiser</u>	17 Chocolate Bar Sale in Church <u>Students needed</u>
18 Chocolate Bar Sale in Church <u>Students needed</u> 12 pm - Ham Bingo (following KC Bkfst)	19 <u>APR. Hot Lunch Order Due in AM</u>	20 <i>Spring Begins</i>	21 12:45 pm-Crestview Grade 5 Intramurals(Volleyball) 6:30-8:00 pm Gr.4-8	22 8:30 am Mass Band <u>Library Bulk Pick-up</u>	23 <u>Marathon T-shirt Day</u> 4:30 - 7:30 pm Lenten Fish Dinner (Fellowship Hall)	24
25	26 Easter / Spring Break <u>No School or Journeys</u>	27 Easter / Spring Break <u>No School or Journeys</u>	28 Easter / Spring Break <u>No School or Journeys</u>	29 Easter / Spring Break <u>No School or Journeys</u>	30 Good Friday <u>No School or Journeys</u>	31

Home & School CONNECTION[®]

Working Together for School Success

Immaculate Conception School
Mrs. Jane Bona, Principal



SHORT NOTES

Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.

DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior.

Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversation starters that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for

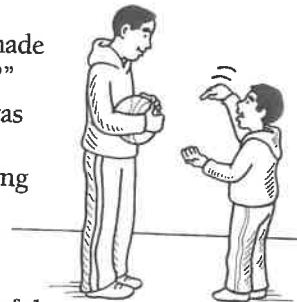


shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals. ♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

- "What's the coolest thing that happened? What wasn't so cool?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? How was someone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors.

Explain that keeping your neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.♥

A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like *kids.nationalgeographic.com*).



- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥



Q & A

Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close her eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.♥



PARENT TO PARENT

Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

"I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my

subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfecustomer@wolterskluwer.com
www.rfeonline.com

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