



# École Lord Tweedsmuir Elementary School

September 2022

Principal Jen Richter  
Vice Principal Rebecca Wheeler

## Upcoming Events in September

- Sept. 22 – Welcome Open House
- Sept. 22 – Individual Photos
- Sept. 23 – Non-Instructional Day
- Sept 26 – 30 Truth & Reconciliation Week
- Sept. 28 – Terry Fox Run
- Sept 30 – National Day for Truth and Reconciliation Stat

## School Mission

At Lord Tweedsmuir, our mission is to provide educational programs that are diverse, student centered and engaging for all learners.

## Principal's News

Dear Tweedsmuir Families,

Welcome to a new and exciting year at École Lord Tweedsmuir Elementary School! The staff would like to wish everyone a warm welcome to the new school year. We hope your summer was enjoyable and relaxing, filled with many special moments.

The staff have been very busy preparing for another successful and enjoyable year. There have been a number of staffing changes since the end of the last school year and we are pleased to be welcoming a number of new staff members who will be joining us this year (see the staff list in the newsletter). I would also like to take this opportunity to congratulate Rebecca Wheeler who has now moved from Acting Vice Principal to Vice Principal for Tweedsmuir. We would also like to congratulate Rebecca on her marriage this past summer. Please take a moment to introduce yourself to our team as they are looking forward to meeting you. We are eager to share what will be happening in classrooms in our school community with you.

I am looking forward to working together to make this a very rewarding and productive school year. Every day is a new day where we have the opportunity to learn from one another. Our staff will be working hard to tend to the emotional, social, academic and physical needs of our students so that they are ready to learn and to grow.

Looking forward to an exciting and engaging year,

Jen Richter



## School Goal

To build positive and caring relationships that strengthen school climate.

## School Routines

The welcome bell in the morning is at 8:50 a.m. At that time, students line up outside at their designated areas. Please remain with your child until your child's teacher meets the class as we do not have supervision outside before or after school. Please arrange any after school arrangements well in advance.

At recess and lunch break, teachers and/or support staff provide supervision.

Please let us know as soon as possible if extenuating circumstances will cause you to be late in picking up your child and we will make every effort to ensure your child's safety.

## PAC Meeting

Wednesday  
September 21  
7 pm

## Volunteers

If you are looking to volunteer at the school, please complete a volunteer form. (They are available on the website.) Please return this form to your child's teacher. You only need to complete this form once for the full 2022 - 2023 school year.

## Visiting the School

We are looking forward to having many parents and visitors at the school this year! ALL VISITORS on the school site must wear identification so that they are identifiable to students, staff and parents as permissible visitors. If you are volunteering, visiting in a classroom, or attending a field trip, you must first sign-in at the office. We will give you a VISITOR tag to wear. Please return to the office to sign out when you are finished. In any emergency, we must be able to account for the whereabouts of all students, staff and visitors, on site or off-site.



## Check Out Our Website!

<https://lordtweedsmuirschool.ca/>

## Non-Instructional Day

Friday, September 23rd

Students do not attend

## Absent and Late Procedures

Please phone in student absences and/or lates daily to 604-517-6070. Alternatively, you can also email the school at [lordtweedsmuir@sd40.bc.ca](mailto:lordtweedsmuir@sd40.bc.ca). Please include your child's name, division number or teacher's name, expected date/time of return and the reason for absence. You may leave messages outside of school hours.

Students arriving late must report to the office before going to class. This will help eliminate unnecessary and sometimes upsetting phone calls to parents who believe their child is at school. We are committed to working cooperatively with students and parents to ensure the students punctually attend each day. There is a significant correlation between good attendance and academic success.

If we do not hear from you, we call home and emergency contacts if necessary. This is a timely process. Please keep the office informed of your address and telephone number changes so that we can reach you promptly in the event of an emergency.



Make payments online with:

### [SCHOOL CASH ONLINE](#)

- ✓ Fieldtrips
- ✓ Spirit Wear
- ✓ School Supplies
- ✓ Etc...

Please see page 11 for more information as to how to sign up to make online payments at Tweedsmuir.

## Traffic



We provide crossing guards at Eighth Avenue and 17<sup>th</sup> Street and at Hamilton Street behind the school.

We ask that all drivers respect the crossing guard, heed the lower speed zone and pull over to the curb before letting students out. There is no stopping directly in front of the school. The parking at the back of the school is for staff. Please help us in getting our students to school safely.



## Bell Schedule

8:50 a.m. Welcome Bell

8:55 a.m. Instruction

10:25 a.m. Recess

10:40 a.m. Instruction

12:24 p.m. Lunch

1:10 p.m. Instruction

3:00 p.m. Dismissal

## Litter-Less Lunches

Lord Tweedsmuir continues to work towards more 'green' efforts. In addition to our regular recycling program, recycling compostable materials are now available at school! We are also looking to 'litter-less' lunches as we help students develop everyday habits that help the earth. Some suggestions to support 'litter-less' lunches include:

- Use a lunch bag
- Provide reusable lunch or snack containers
- Cloth napkins
- Reusable sandwich wrappers
- Pack a water bottle
- Remember to pack cutlery!

**Remember to label  
all your items for  
quick returns!**



## Pet Reminder

To support the health and safety of students, staff, parents and others on school property, animals are not allowed on school district property without prior approval or unless they are service animals.

We ask all families who bring their pets with them to pick up students to arrange a spot just off school grounds to meet. We appreciate your support with this matter.



## BC Curriculum

Interested in learning more about the changes to the curriculum?

Check out:

<https://curriculum.gov.bc.ca/>



## Medical Information and Allergies

### Medical Information

If your child has allergies or medical issues, we need to be aware of, please let the office know right away. We need to make sure we have the appropriate information on file in case of emergency. Please note that students should not be in possession of any medication at school. The staff may not administer medication to students unless the required form is complete and signed by the parent/guardian and physician.



### Anaphylaxis (Allergies)

There are adults and students at the school who have a variety of allergies ranging from mild to life threatening anaphylaxis. It is important not to send food to school for the class without checking with the classroom teacher first. We are a nut-aware school.



## Healthy Eating

Young children need nourishing food throughout the day for the development of sound minds and bodies. The staff encourages you to make healthy food choices with recess and lunches that you provide. A selection of nutritious snacks/meals will help your child develop healthy eating habits to last a lifetime.

## Health

As students return to school, it is important that they learn about precautions that can help safeguard everyone's health. We ask for support from parents in teaching students these concepts:

- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious food and avoid smoking.
- Mask wearing will continue to be supported as a personal choice. Disposable masks will continue to be available at each site for those who need or want one.



## Smoking

We are committed to providing healthy smoke free learning environments for all students and employees. This includes vaping as well.

All school district buildings, vehicles and grounds in New Westminster School District are smoke free for all students, staff and community members.

Please see the posted signs on the outside of the school building.

Please note that we are also a scent avoidance environment.



## PAC

The Lord Tweedsmuir PAC is a very active group that truly makes a difference in our students' school experience. Last year they were able to help fund the following:

- Fieldtrips
- Sports Day
- School Community Events
- And so much more...!



We would also like to invite all our parents to come out to our PAC meetings. These meetings provide parents with yet another opportunity to be involved in their child's school experience.

Our next PAC meeting will be:

Wednesday September 21, 2021

## Parent Bulletins

Parent bulletins will be posted to our website at the end of the week at <https://lordtweedsmuirschool.ca/>

## School Supplies 2022-2023

Please visit [Tweedsmuir School Supply Lists](#) for more information.



## Student and Family Affordability Fund

What is the fund?

- The Student and Family Affordability Fund is a one-time government investment of \$60 million.
- This fund is intended to directly support kids and families who have been affected by the effects of global inflation and cost of living challenges.
- At New Westminster Schools, that means we will be working to distribute and invest almost \$700,000 across our community through a layered approach, administered at the district and local school level.

We would like to hear from our school community to help us customize our supports. Please join us at our next PAC meeting on September 21, 2022 to help us better understand what the barriers are facing our families and what we can do to support families in need in feeling safe and comfortable to ask for support if they feel they need it.

## Construction Update



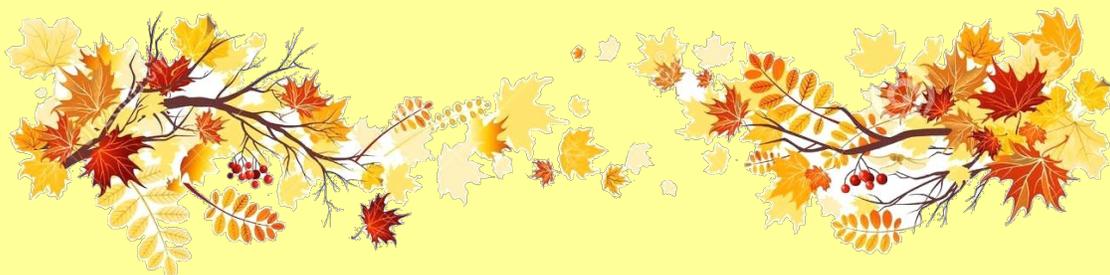
We are happy to let you know that our construction plans regarding the replacement of our doors, windows and stucco are well on the way. We have a wonderful crew that is working hard to ensure that this project is finished on time. Thank you so much for keeping our parking lot at the back for staff and crew only. We will continue to update you with any changes that might affect drop off and pick up for your students as things progress.

## Updating Contact Information

If you have had a change in information, could you please email the school at [lordtweedsmuir@sd40.bc.ca](mailto:lordtweedsmuir@sd40.bc.ca) with the updated information. We want to make sure that we are able to contact you in case of emergency and to be able to share our school news in a timely manner.

## Fuel Up

Our Fuel Up daily lunch program will begin on Monday, September 19, 2022. Please see the flyers below for more information. Partial and full [subsidies](#) are available.



**ÉCOLE LORD TWEEDSMUIR ELEMENTARY 2022-2023 SCHOOL CALENDAR**

<b>LENGTH OF SCHOOL DAY</b>	<b>LENGTH OF SCHOOL DAY</b>	<b>LENGTH OF SCHOOL DAY</b>
<b>WELCOMING BELL</b>	<b>WELCOMING BELL</b>	<b>WELCOMING BELL</b>
<b>INSTRUCTION</b>	<b>INSTRUCTION</b>	<b>INSTRUCTION</b>
<b>RECESS</b>	<b>RECESS</b>	<b>RECESS</b>
<b>INSTRUCTION</b>	<b>INSTRUCTION</b>	<b>INSTRUCTION</b>
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>INSTRUCTION</b>	<b>INSTRUCTION</b>	<b>INSTRUCTION</b>
<b>DISMISSAL</b>	<b>DISMISSAL</b>	<b>DISMISSAL</b>

<b>CALENDAR INFORMATION</b>	<b>CALENDAR INFORMATION</b>	<b>CALENDAR INFORMATION</b>
<b>Date</b>	<b>Date</b>	<b>Date</b>
Tuesday, September 6, 2022	Tuesday, September 6, 2022	Tuesday, September 6, 2022
Thursday, September 22	Thursday, September 22	Thursday, September 22
Thursday, September 22	Thursday, September 22	Thursday, September 22
Friday, September 23	Friday, September 23	Friday, September 23
Wednesday, September 28	Wednesday, September 28	Wednesday, September 28
Friday, September 30	Friday, September 30	Friday, September 30
Thursday, October 6	Thursday, October 6	Thursday, October 6
Monday, October 10	Monday, October 10	Monday, October 10
Friday, October 21	Friday, October 21	Friday, October 21
Wednesday, October 26	Wednesday, October 26	Wednesday, October 26
Thursday, October 27	Thursday, October 27	Thursday, October 27
Friday, November 4	Friday, November 4	Friday, November 4
Thursday, November 10	Thursday, November 10	Thursday, November 10
Friday, November 11	Friday, November 11	Friday, November 11
Monday, November 14	Monday, November 14	Monday, November 14
Friday, December 9	Friday, December 9	Friday, December 9
December 19 – 30	December 19 – 30	December 19 – 30
Tuesday, January 3, 2023	Tuesday, January 3, 2023	Tuesday, January 3, 2023
Tuesday, January 17	Tuesday, January 17	Tuesday, January 17
Monday, February 20	Monday, February 20	Monday, February 20
Tuesday, February 21	Tuesday, February 21	Tuesday, February 21
Wednesday, February 22	Wednesday, February 22	Wednesday, February 22
Wednesday, Mar 1	Wednesday, Mar 1	Wednesday, Mar 1
Thursday, Mar 2	Thursday, Mar 2	Thursday, Mar 2
Friday, March 10	Friday, March 10	Friday, March 10
March 13-24	March 13-24	March 13-24
Monday, March 27	Monday, March 27	Monday, March 27
Friday, April 7	Friday, April 7	Friday, April 7

**École Lord Tweedsmuir Elementary School**  
**2022 -2023 CODE OF CONDUCT**

**ÉCOLE LORD TWEEDSMUIR ELEMENTARY SCHOOL:** Staff, Students, Parents and any visitors to the school are expected to follow the Code of Conduct.

The purpose of the Code of Conduct:

- To establish and maintain a safe, caring and orderly environment for purposeful learning.
- To clarify that the expectations apply to behaviours at school and outside of school that negatively impact the safe, caring or orderly environment of the school, and/or student learning. This includes going to and from school, school-organized or sponsored activities away from the school facility, and behaviour outside of school hours (including on-line behaviour).

**Acceptable Behaviour:** behaviours that:

- show respect, compassion and integrity;
- demonstrate respect for self, others, the learning environment and the surrounding environment;
- help make the school a safe, caring and orderly place;
- brings credit to École Lord Tweedsmuir Elementary School;
- takes part in purposeful learning environments in a timely manner; and
- lets adults know of incidents of bullying, harassment or intimidation.

**Unacceptable Behaviour:** behaviours that

- interfere with the learning of others;
- interfere with an orderly environment; at school, at a school-related activity or in other circumstances where engaging in the activity will have impact on the school environment.
- create unsafe conditions;
- include acts of: bullying, harassment or intimidation
  - physical violence
  - retribution against a person who has reported incidents
- include illegal acts, such as:
  - possession, use or distribution of illegal or restricted substances
  - possession or use of weapons
  - theft of or damage to property.

The acceptable and unacceptable behaviours listed in this Code of Conduct are examples only and are not intended to be an all-inclusive list.

An individual's medical, cognitive, social-emotional and personal profile must be considered in the determination of appropriate intervention and/or consequences. Therefore, the application of the school's Code of Conduct must take into account the individual's ability to meet behavioural expectations.

Disciplinary action for students, wherever possible, is preventative and restorative, rather than merely punitive. The purpose of consequences for unacceptable behaviour is to help students learn from mistakes and be proactive about preventing further inappropriate behaviour.

École Lord Tweedsmuir promotes the values expressed in the BC Human Rights Code respecting the rights of all individuals in accordance with the law – seriously prohibiting behaviour or communication that discriminates based on race, colour, ancestry, place or origin, religion, marital status, family status, physical or mental disability, sex or sexual orientation or gender identity – in respect of discriminatory publication and discrimination in accommodation, service and facility in the school environment.

**2022-2023 STAFF**

Principal		<a href="#">Jen Richter</a>
Vice-Principal		<a href="#">Rebecca Wheeler</a>
Secretaries		<a href="#">Paula Bates</a>
		<a href="#">Anett Crosbie</a>
Division 1	Kindergarten	<a href="#">Megan White</a>
Division 2	Kindergarten	<a href="#">Anna Kennedy</a>
Division 3	Kindergarten	<a href="#">Kay Burgess</a>
Division 4	EFI Kindergarten	<a href="#">Danica Jovanovic</a>
Division 5	EFI Grade 1	<a href="#">Cecile Style</a>
Division 6	Grade 1/2	<a href="#">Kaylee Chan</a>
Division 7	Grade 1/2	<a href="#">Rebecca Wheeler</a> (M-T) <a href="#">Janice Wyness</a> (W-F)
Division 8	Grade 1/2	<a href="#">Xena Loewen</a>
Division 9	Grade 1/2	<a href="#">Marina Park</a>
Division 10	Grade 2/3	<a href="#">Leah Wong</a>
Division 11	Grade 2/3	<a href="#">Danika Shadbolt</a>
Division 12	EFI Grade 2/3	<a href="#">Caroline Louvet</a> (M/T-Th/F) <a href="#">An Li Qi</a> (W)
Division 13	EFI Grade 2/3	<a href="#">Abdellah Seddiki</a>
Division 14	Grade 3/4	<a href="#">Mila Kragulj</a>
Division 15	Grade 3/4	<a href="#">Kim Fung</a>
Division 16	EFI Grade 3/4	<a href="#">Jasper Liu</a>
Division 17	Grade 4/5	<a href="#">Matt Sol</a> (M-W) <a href="#">Allison Penner</a> (Th-F)
Division 18	Grade 4/5	<a href="#">Tessa Taylor</a>
Division 19	Grade 4/5	<a href="#">Julie Alava</a>
Division 20	EFI Grade 4/5	<a href="#">Laurent Lacavalier</a>
PrepTeacher		TBD
Teacher Librarian		<a href="#">Janis Bridger</a> (T-TH)
LST/Resource Teacher		<a href="#">Allisa Arnold</a>
LST/Resource Teacher		<a href="#">Melanie Newell</a>
LST/Resource Teacher		<a href="#">Christina Kumar</a>
LST/ELL Teacher		<a href="#">Joyce Needham</a> (M-W)
Speech and Language		<a href="#">Andrea Lalic</a>
Counsellor		<a href="#">Janice Lau</a>

**2022-2023 STAFF cont'd**

Education Assistants		<a href="#">Sophia Legare</a>
		<a href="#">Sandra Freeman</a>
		<a href="#">Kevin Brown</a>
		<a href="#">Amy Gagne</a>
		<a href="#">Sandra Parker</a>
		<a href="#">Shella Lomarda</a>
		<a href="#">Masako Hisadome</a>
		<a href="#">Maria De Jesus-Cabrillas</a>
		<a href="#">Kori Cook</a>
		<a href="#">Alana Malloch</a>
		<a href="#">Chloe Monterrubio</a>
		<a href="#">Amber Stubbins</a>
		<a href="#">Vilma Tacsagon</a>
		<a href="#">Allison Toth</a>
		<a href="#">Fatemeh Shirzadi</a>
Child and Youth Care Worker		<a href="#">Jas Dulla</a>
Aboriginal Cultural Worker		<a href="#">TBD</a>
SWIS Worker		Alin Arakelian
Crossing Guards		TBD
		TBD
Noon Hour Supervisors		<a href="#">Tammy Howard</a>
		<a href="#">Nicki Horsfield</a>
		<a href="#">Aaron Ram</a>
		TBD
Custodians		TBD
		<a href="#">Jayson Santos</a>

## Subject: Sign Up for Online Payment for School Expenses

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Dear Tweedsmuir Families,

We are very excited to announce that our school will be offering *School Cash Online*, which provides you with the convenience of paying online for school items such as trips, club/athletic fees, and spirit wear. We really want to save you time when paying for school expenses, so we can't wait for you to take advantage of this opportunity. *School Cash Online* is a great way to pay without the need for cash or checks!

Please follow the link below to register online (it takes less than 5 minutes!). Once you have registered your child, you will be able to see when they have a new item posted online for purchase. You also have the option to be notified whenever your child has a new school expense due, so you don't have to worry about missing the deadline.

To set up an account and explore the system, please follow the instructions below. We look forward to hearing your feedback!

### Register Online:

Step 1: Please click on this link: [School Cash Online](#)

Step 2: Register by selecting the "Get Started Now" and following the steps.

Step 3: After you receive the confirmation email, select the "click here" option, login in and add each of your children to your household account.

✓ **Convenient** ✓ **Safe** ✓ **Secure**

If you have any questions during the registration process or while shopping online, please select the **SUPPORT** option in the top right hand area of the screen.

Warm Regards,

# École Lord Tweedsmuir Elementary School

1714 Eighth Ave  
New Westminster,  
BC

V3M 2S7

Phone: 604.517.6070

Email:

[lordtweedsmuir@  
sd40.bc.ca](mailto:lordtweedsmuir@sd40.bc.ca)

**Check us out on the  
web!**

[https://lordtweedsmuir  
school.ca](https://lordtweedsmuir.school.ca)

## Lord Tweedsmuir PAC

The Parent Advisory Council (PAC) is an open group who represent the parents and students of the school. They meet regularly throughout the year and provide an opportunity for families to be involved in their child's school life. The PAC provides parents/guardians with a voice to liaise with school staff, the Principal and the School Board in matters concerning education. Your involvement is welcomed and encouraged. Dates for PAC meetings are usually the second or third Wednesday of every month in the evening at 7:00 pm in the school library.

### **Chair**

Krista Macaulay

[Tweedsmuir PAC Chair](#)

### **Secretary**

Kim Cirillo

### **Treasurer**

Rob McCullough

### **Fundraising**

Enza Esposito

### **DPAC rep**

Kelly Mooker

[PAC Facebook Page](#)

## Canadian Parents for French

Furthering bilingualism by promoting and creating opportunities for students to learn and use French.

## **Mosaic Settlement Workers in Schools (SWIS)**

Settlement Workers, employed by Mosaic, provide information and services for newcomer families and youth with Permanent Resident status. We help families adapt to life in Canada through 1-on-1 consultations, workshops for children, parents, grandparents, field trips, volunteering opportunities for adults and youth, and leadership training for youth.

Services and supports are available in different languages such as: Tagalog, Korean 한국어, Mandarin 普通话, Farsi and Turkish.

Interpretation can also be arranged if necessary.

For more information, please contact: Email: [Alin Arakelian](mailto:Alin.Arakelian)



[fuelup@simplyfoods.ca](mailto:fuelup@simplyfoods.ca)

604-620-5474

7621 Vantage Way Delta, BC

## Welcome to Fuel Up!

The Fuel Up! Lunch Program has been supplying lunches to the New Westminister School District since 2019! We are here to offer your children healthy and nutritious meals every day at school. Fuel Up offers affordable and nutritious lunches that are made fresh daily. Entrées include a protein, starch, and vegetable component to ensure students receive a balanced meal at school. Vegetarian and Gluten Free dishes are offered daily. All items are nut and seafood free.

Visit [simplyfoods.ca](https://www.simplyfoods.ca) to learn more about us and the Fuel Up program!

**Get Started** →

SD34 – New Westminister

# 1

## Create Account

1. To create an ordering account, visit [simplyfoods.ahotlunch.ca/login](https://simplyfoods.ahotlunch.ca/login)
2. Select 'Click Here' to create an account
3. Fill in parent information
4. On the left panel, select 'Children'
5. Located at the top right corner, click 'Add Child'
6. Enter your child's full name, grade, and class division
7. Campus code is listed on the home page.
8. Save your child's profile



# 2

## Place Order

1. Sign into your account and click 'Order'
2. Select the child you are ordering for
3. Select the month you are ordering for
4. Select your order from the calendar
5. Submit order and click 'Pay Invoice' (A confirmation email is sent automatically. If you did not receive an email, log in to ensure your order has been paid for.)
6. If you've deposited credit to your account, click 'Pay Invoice' and select 'Use Available Credit' to confirm payment. (A order confirmation will be automatically emailed.)

## FAQs

Q: When is the deadline to order/cancel?

A: All orders must be submitted two days before delivery at noon. For example, Monday's order must be placed by Saturday at noon. It is the same deadline for cancellations.

Q: My child is unwell, can I cancel the day of delivery?

A: We accept email cancellations up to 8am on the day of delivery. Please email us at [admin@simplyfoods.ca](mailto:admin@simplyfoods.ca). If passed deadline, please notify the school on your child's absence and arrange to pick up your child's lunch before the end of the day.

Q: How do I know my order was confirmed?

A: If the order is successfully placed, there will be a green bar at the top stating "Payment Successful" and an email confirmation will be sent. Occasionally, orders are left unpaid and pending in the shopping cart and the order will not be delivered.

Please email [fuelup@simplyfoods.ca](mailto:fuelup@simplyfoods.ca) or call us at 604-620-5474 if you have any questions- We'd be happy to help!



Hot Entrée sm \$5.75, lg \$6.75  
 Cold Entrée sm \$5.75, lg \$6.75 Served with Fruit or Vegetable of the Day  
 Fruit \$2.00  
 Baking \$2.00  
 2% Milk \$1.50  
 Chocolate or Soy Milk \$2.00

# Fuel Up September Menu

New Westminster

	Hot Entrée	Cold Entrée	Fruit Option	Baking Option
Weekend				
Sept 19 - Mon	Perogies with Bacon Bits (V)	Salsa Rice Wrap (V GF)	Fruit Cup	Chocolate Chip Brownie (GF)
Sept 20 - Tues	Chicken Teriyaki Rice Bowl (V)	Pizza Salami Sandwich (GF)	Blueberry Yogurt Parfait	Blueberry Bar
Sept 21 - Wed	Chicken Broccoli Alfredo Lasagna (V)	Egg Salad Sandwich (V GF)	Watermelon Cup	Birthday Cake Cookie (GF)
Sept 22 - Thurs	Meatballs, Gravy and Potatoes (V)	Greek Chicken Wrap (GF)	Apple Yogurt Parfait	Rainbow Rice Crispy
Sept 23 - Fri	No School	No School		
Weekend				
Sept 26 - Mon	Beef and Cheese Fajita Wrap (V)	Chicken Bacon Wrap (GF)	Berry Yogurt Parfait	Caramel Pretzel Brownie
Sept 27 - Tues	Butter Chicken Rice Bowl (V)	Corn and Bean Quesadilla (V GF)	Pineapple Cup	Chocolate Crunch Bar
Sept 28 - Wed	Creamy Chicken Penne (V)	Chicken Taco Wrap (GF)	Blueberry Yogurt Parfait	Red Velvet Cookie (GF)
Sept 29 - Thurs	Beef Tator Tot Nachos (V)	Ham and Cheese Croissant (GF)	Fruit Cup	Cocoa Puff Rice Crispy
Sept 30 - Fri	No School	No School		

### Welcome Back to School!

Our Team at Fuel Up! would like to thank you for your support

We look forward to serving fresh, nutritious, and delicious lunches to your children throughout the 2022/2023 school year

(V) vegetarian

(GF) gluten free

Participation in the program is voluntary. Those families choosing to participate will see 25 cents of each small meal, and 50 cents of each large meal going to support subsidies. Students who do not have reliable access to sufficient quantities of affordable and nutritious food are able to access confidential subsidies.

While every effort will be made to provide allergen free meals, common food allergens are all utilized in our caterer's kitchen. Cross contamination is always a possibility. If your child has severe allergies, we recommend packing a meal. If you have any questions, please email [fuelup@simplyfoods.com](mailto:fuelup@simplyfoods.com) for more information.