

Calais Elementary School

53 Garfield St.

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December 20, 2019

From all of us at Calais Elementary School Happy Holidays to you and your families. Take time to enjoy your family and relax.

I have enclosed the menu for January and a 5210 information handout.

School will resume Thursday, January 2nd. Please make sure your student has warm clothes.

Thank you for all of your support and if you need anything, please do not hesitate to contact me.

Sue Carter

Principal, Calais Elementary School

January

Calais Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			2 American Chop Suey W.W. Roll Fruit Salad Bar	3 Pizza Strawberries Salad Bar
6 Beef Stew W.W. Roll Salad Bar	7 Hot Dogs/Buns Fr.Fries Veg. Salad Bar	8 Teriyki Chicken Mashed Potato Veg. Salad Bar	9 Tomato Soup Grilled Cheese Fruit Salad Bar	10 Pizza Pudding Veg. Salad Bar
13 Spag./Meat Sauce W.W. Roll Veg. Salad Bar	14 Chicken Burger/Bun Potato Puffs Fruit Salad Bar	15 Fish Sticks Mashed Potato Veg. Salad Bar	16 Chicken Tacos Cheese Cups Rice Pilaf	17 Teachers Workshop
20 Holiday	21 Cheese Burgers/Bun Hash Brown Veg. Salad Bar	22 Chicken Rings Fr. Fries Fruit Salad Bar	23 Meatballs Over Rotini W.W. Roll Fruit Salad Bar	24 Pizza Fruit Salad Bar
27 Mac & Cheese W.W. Roll Veg Salad Bar	28. Baked Beans Hot Dogs/Bun Veg. Salad Bar	29 Hot Chicken Roll Mashed Potato Stuffing Salad Bar	30 Tomato Soup Grilled Cheese Veg. Salad Bar	31 Pizza Mixed Berries Salad Bar

All bread and pasta products are whole grain or whole wheat. PBJ sandwich offered as an alternative for the entree. Fruit offered daily on the salad bar. Fat free milk is offered with every meal. Menu may change without notice. Bag lunches are available on ER days, sign up the day before. USDA is an equal opportunity employer and producer. Elementary school uses sun butter made with soy in place of real peanut butter.

Top 10 Reasons to Drink More Water

1. Increases energy and relieves fatigue
2. Promotes weight loss
3. Flushes out toxins
4. Improves skin complexion
5. Helps your digestive system
6. Boosts immune system
7. Natural headache remedy
8. Prevents cramps and sprains
9. Puts you in a good mood
10. Saves money \$\$\$



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