
Jefferson Journal

Principally Speaking

October 1st, 2023

On September 27th, 2023 our classroom teachers were granted time to analyze recent NWEA MAPS testing. Staff were presented school-wide data and classroom data. We looked for trends, strengths, and weaknesses. Teachers were then challenged to look at the instructional areas for both Math and ELA for their class then each individual student. The MAPS test allows us to identify areas of need for growth and how we can group students based on specific skills, in order to provide better instruction. Teachers examined the data to set new goals for their students when the time comes to take the Winter Benchmark in January. Thank you for allowing us this time to ensure the best instruction for your child to succeed in an ever-changing world.

I will continue to beat the drum on attendance matters! Missing two or more days a month and a total of 18 days is considered chronically absent. After one month of school, we have 28 students or 8.43% of our student population that is chronically absent. This is 430% greater than last year at this time!

Attendance is one component that impacts our SPI score. This score is made up of Student Performance, Student Progress, and School Environment. More information is shared in this newsletter regarding the 22-23 SPI score, achievement trends, and attendance. Please feel free to contact me with any questions.

Sincerely,
John J. Decker
john.decker@k12.sd.us
605-882-6390

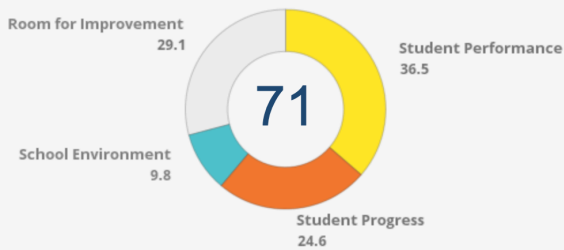
Special Points of Interest:

- ☺ **Oct. 4th - PTO meeting at noon in the conference room**
- ☺ **Oct. 9th - Native American Day (No School)**
- ☺ **Oct. 18th - Picture retake day**
- ☺ **Oct. 25th - Early dismissal at 12:20 for teacher inservice**
- ☺ **Oct. 27th - End of 1st quarter**
- ☺ **Nov. 7th - 4th grade Veteran's Day program at 2:30 pm & 6:30 pm**
- ☺ **Nov. 9th - Early dismissal at 12:20 for Conferences (1 pm to 8 pm)**
- ☺ **Nov. 10th - Veteran' Day (No School)**



2022-2023 Building Data

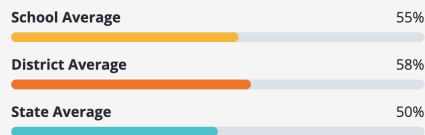
South Dakota is committed to supporting our schools to identify potential areas targeted for improvement in ensuring that all students are prepared to progress through our public schools. We aspire for all students to succeed in all aspects of realizing their education, career and life goals.



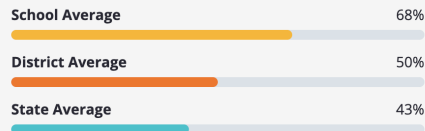
This is the 2022-2023 SPI score.
Our 2021-2022 SPI score was 65. A growth of six!!!

HOW DOES MY CHILD'S SCHOOL COMPARE TO THE DISTRICT AND STATE?

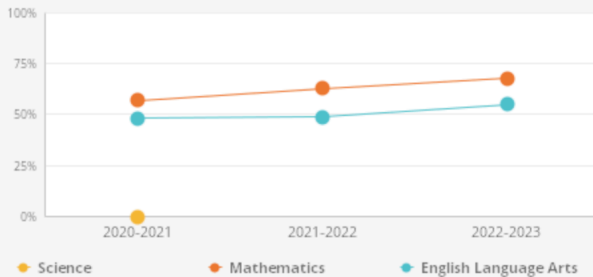
ENGLISH LANGUAGE ARTS



MATHEMATICS

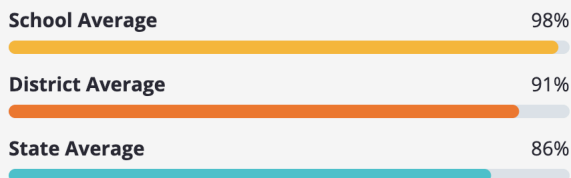


2022-2023 Assessment results.
In 2021-2022, our school avg. was 49% in ELA and 63% in Math.

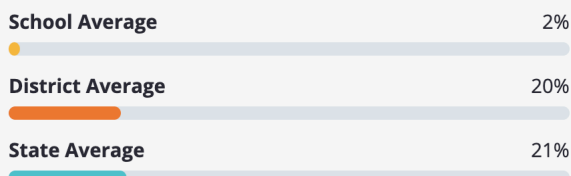


Three year trends for ELA and Math. You can see our school's growth is on an upward trend!

ATTENDANCE



CHRONIC ABSENTEEISM



2022-2023 Attendance

GREAT attendance impacts the learning of ALL students!!!



Character Counts Week October 15th - 21st

This week will kick off an emphasis on six pillars of character. Please discuss these at home and their importance in your child's success in life.

TRUSTWORTHINESS

- Be honest in communications and actions.
- Don't deceive, cheat or steal.
- Be reliable — do what you say you'll do.
- Have the courage to do the right thing.
- Build a good reputation.
- Be loyal to your values.
- Keep your promises.
-

RESPECT

- Treat others with respect and follow the Golden Rule.
- Be accepting of differences.
- Use good manners, not bad language.
- Be considerate of the feelings of others.
- Don't threaten, hit or hurt anyone.
- Deal peacefully with anger, insults, and disagreements.



RESPONSIBILITY

- Do what you are supposed to do.
- Plan ahead.
- Be diligent.
- Persevere.
- Do your best.
- Use self-control.
- Be self-disciplined.
- Think before you act.
- Be accountable for your words, actions and attitudes.
- Set a good example for others.
- Choose a positive attitude.
- Make healthy choices.

FAIRNESS

- Play by the rules.
- Take turns and share.
- Be open-minded; listen to others.
- Don't take advantage of others.
- Don't blame others carelessly.
- Treat all people fairly.

CARING

- Be kind.
- Be compassionate and show you care.
- Show empathy.
- Express gratitude.
- Forgive others and show mercy.
- Help people in need.
- Be charitable and altruistic.

CITIZENSHIP

- Do your share to make your home, school, community, and world better.
- Cooperate.
- Get involved in community affairs.
- Stay informed; vote.
- Be a good neighbor.
- Make choices that protect the safety and rights of others.
- Protect the environment.
- Volunteer.

SOCIAL SKILLS of the Month

(Oct. 1- Oct. 6)

Accepting Criticism or a Consequence

1. Look at the person
2. Say “Okay”
3. Stay calm

(Oct. 10-Oct. 27)

Accepting “No” for an Answer

1. Look at the person
2. Say “Okay”
3. Stay calm
4. If you disagree, ask later.

(Oct. 30- Nov. 9)

Greeting Others

1. Look at the person
2. Use a pleasant voice
3. Say “Hi” or “Hello”

SCHOLASTIC Book of the Month- The Word Collector

by Peter H. Reynolds

Some people collect stamps.

Some people collect coins.

Some people collect art.

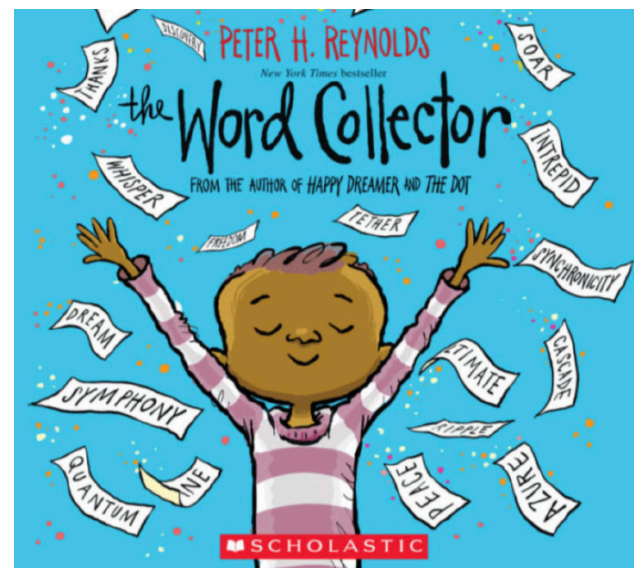
And Jerome?

Jerome collected words . . .

In this extraordinary new tale from Peter H. Reynolds, Jerome discovers the magic of the words all around him:

short and sweet words, two-syllable treats, and multisyllable words that sound like little songs. Words that connect, transform, and empower.

From the creator of *The Dot* and *Happy Dreamer* comes a celebration of finding your own words – and the impact you can have when you share them with the world.





Parent/Teacher Conferences in November

Please be watching for a SignUp Genius coming via text and newswire in late-October. Conferences will be held the afternoon and evening of November 9th from 1:00–8:00.



Student/Parent Handbook- Please review

CELL PHONES AND OTHER ELECTRONIC DEVICES Students may not use any personal communication devices during school hours. We ask that cell phones be turned off and stored in the student's locker from 8:30-3:20. We strongly encourage elementary children to leave cell phones at home. We also discourage students from bringing electronic devices to school. . These devices must be turned off and stored in the student's locker during school hours. The school will not be responsible for lost or stolen electronic devices.

COLD WEATHER DRESS Students will go outside all year round for recess unless the temperature falls below 0 degrees (with a -10 wind chill included). We encourage all students to have the appropriate dress for cold weather. This includes a coat, hat, mittens or gloves, snow boots and snow pants. This will protect your child from the winter elements and will keep them dry and comfortable during the school day. There will be many coats and snowpants that are the same or very familiar in style. Please put the kids' names or initials in the coats and snowpants for easier identification. If it is a family hardship to purchase proper outside attire, please contact Mr. Decker for assistance.

FOOD, CANDY, GUM, DRINKS, and TOYS Food, candy, gum, pop, juice and toys are only allowed to be brought to school with permission from the classroom teacher for special occasions. Water bottles brought to school should be filled at school. Only water will be allowed as a content. We encourage children who eat cold lunch to bring healthy and nutritious food. Please try to refrain from sending pop or candy during lunch.



Parent Resources



**FREE ONLINE
TUTORING FOR
K-12 STUDENTS**

<https://ourdakotadreams.com/elementary-middle-school/online-tutoring/>



[ParentGuidance.org.](https://www.parentguidance.org/)

<https://www.pbs.org/parents>



<https://sdsfec.org/>

Fire Prevention Week October 8th - 14th
A great week to rehearse escape plans within your home and check those smoke alarms!



PICTURE RETAKE DAY!

PICTURE RETAKES

OCT 18TH

8:30 AM

**YOU MUST BRING IN YOUR
PICTURE PACKET.**

Jefferson School Library

Dear Parents,

Reading is one for the most important skills your child will learn in school. Like all skills, improvement comes with practice, and the Jefferson School Library provides a wide variety of books for students to borrow for reading practice, information, and enjoyment. Your student's class will visit the school library weekly to select books. You can help your student by reading to or with him/her and asking questions about the story. Encourage your child to spend time reading at home every day.

- ☒ Students are responsible to handle library books with care, since they are for everyone to share. Please keep books away from pets, food, and all liquids.
- ☒ Any book damage should be reported to the library as soon as possible so we can attempt repairs.
- ☒ If a book is lost or damaged, payment toward a replacement will be requested from the parents.
- ☒ If your family plans to move, please return all books before moving.

We hope your children will read and enjoy many books and grow in reading skills while attending our school.





Another school year begins. Some dread it, some look forward to it but most would agree that back-to-school is synonymous with back-to-routine. In fact, routine is one of the reasons I look forward to this time of year. Just as I am not immune to long summer days and the effects they have on my sleep patterns, neither are children.

As adults we often get by on 5-6 hours of sleep a night or less. Mistakenly, we surmise that children can also cope with this little sleep or missing a few hours here and there. Several studies by the American Academy of Pediatrics and The National Sleep Foundation have determined the optimal range of sleep hours for children (*See the table below*).

	Recommended Sleep Hours per 24 hour period
Toddlers 1-2 years	11-14 hours
Preschoolers 3-5 years	10-13 hours
School-aged Children 6-13 years	9-12 hours
Teenagers 14-17 years	8-10 hours
Young Adults 18-25 years	7-9 hours

Is your child getting enough sleep to make their school year successful?

By Pam Luecke
Lincoln/Jefferson Counselor

Are you surprised by these numbers? Due to their rapid physical and mental development, babies, children and teens need significantly more sleep than adults. Most adults know that growing kids need good sleep, but many don't know how many hours kids require and how they are negatively impacted by missing as little as 30 to 60 minutes of sleep time in a 24-hour period.

Signs of insufficient sleep can be different in children. As adults, our eyes become heavy, we yawn and our bodies and minds become fatigued. While children may wind up rather than slow down at bedtime. Sleepiness can even look like symptoms of hyperactivity in children who act like they are not tired, resist bedtime and seemingly become more energetic as the evening goes on. All this can happen because the child is overtired. Just like adults, children who are sleep deprived exhibit more difficult behaviors and health problems including; irritability, reduced concentration, hypertension, headaches, anxiety or depression.

If your child is experiencing sleep difficulties and you sense that they are not sleeping enough, it may be time to talk to your pediatrician. Common sleep problems in children include difficulty falling asleep, nighttime awakenings, snoring, stalling, resisting going to bed, sleep apnea, and loud or heavy breathing while sleeping. Sometimes children can have underlying sleep disorders or other medical conditions that can be disrupting their sleep. Regardless, sleep deprivation in children can be helped by changes to their environment and habits surrounding bedtime. Following are a few tips that may make your child sleep more peacefully.

- **BE A GOOD ROLE MODEL.** Staying up late to complete household tasks or pulling an all-nighter for work yourself isn't sending the right message.
- **SET A CONSISTENT BEDTIME.** 7-8 PM works best for elementary-aged children. Whatever time you choose, stick to it! Keeping the same schedule helps children feel secure and comfortable.
- **DEVELOP A REGULAR BEDTIME ROUTINE.** Whether you are conscious of it or not, most adults have bedtime routines. Children also benefit from a routine to help them wind down. Routines may include; showering/bathing, brushing teeth, pajamas, reading a book and prayers. Be sure that whatever you choose for your routine can be accomplished anywhere.
- **MONITOR SCREEN TIME.** The American Academy of Pediatrics recommends keeping all screens - TVs, computers, laptops, tablets, game systems and phones out of children's bedrooms, especially at night. Screen time can inadvertently stimulate your child's mind instead of preparing it for rest. If your child is accustomed to falling asleep to videos or tv, be sure to set the timer or manually turn off the tv after they have fallen asleep. Research has shown that our brains continue to process the sounds that surround us while we sleep, hence, not allowing it to rest. White noise; i.e. a fan, is more conducive to recharging our brains.
- **CREATE A SOOTHING ENVIRONMENT.** Dim the lights, adjust temperature to child's preference, reduce visual and auditory distractions and limit items in bed to 1 or 2 (blanket, doll etc.). Keep your child's bed a place to sleep, rather than play.

Children who get enough sleep have a healthier immune system and better school performance, behavior, memory and mental health. What better way to set your child up for success this school year?



Bullying Prevention 101

A quick guide for elementary school students

WHAT IS BULLYING?

Bullying is when someone:

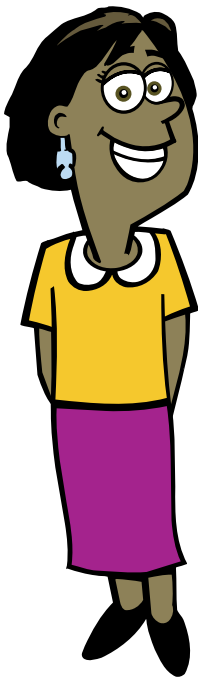
- is hurt by unwanted words or actions,
- usually more than once, and
- has a hard time stopping what is happening to them.

WHERE AND WHEN DOES BULLYING HAPPEN?

Bullying can happen anywhere, anytime. It can occur in your neighborhood, on your way to and from school, at school, and while online.

WHAT IS CYBERBULLYING?

Using **technology**, such as email, texts, social media, online gaming, or pictures to hurt or harm someone else with unwanted, aggressive, and repeated behavior.



WHO IS INVOLVED?

TARGET ➡ Person who is being bullied

STUDENT WHO BULLIES ➡ Person whose actions cause hurt or harm

WITNESS OR BYSTANDER ➡ Person who sees or knows of the behavior

Note: "Person" may mean one individual or a group of people.

A person can have more than just one role!
The role that any student plays in a bullying situation can change.



DID YOU KNOW...

...there is not just one kind of person who bullies

It's not about how someone looks; it's about their actions.

...that a disagreement is different than bullying

A disagreement or argument is when both sides express their views.

People don't always agree, and can be in "conflict" when they respectfully share their opposing views without putting down the other person.

...that someone you thought was a friend could be bullying you

If a friend is treating you in a way that hurts you and you have asked that friend to stop but they still continue, that is not friendship. That behavior could be bullying.

...there is a big difference between telling and tattling

A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattle-tale. Telling is done to protect yourself or another student from getting hurt. Tattling is done to get someone in trouble.

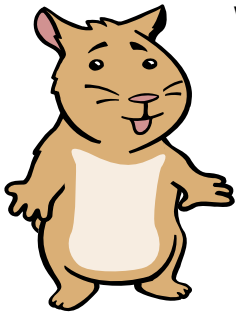


WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

If you are being bullied, the first thing you should know is that it's not your fault.

Nope. Not one bit. No one deserves to be bullied... EVER! There's a lot you can do:

- Know that you do not deserve what is happening
- Tell someone: a parent, teacher, or trusted adult
- Develop a plan, with the help of an adult, about how you can respond to the situation
- Decide—with the help of an adult—how other students might help



WHAT CAN YOU DO IF YOU SEE SOMEONE BEING BULLIED?

If you see someone being bullied:

- **Speak Up!** You should tell an adult. Telling is not tattling. It's okay to tell an adult when you see bullying or are being bullied. In fact, it's a really smart thing to do!
- **Reach Out!** Tell the kid who is being bullied that they don't deserve to be treated that way. Nobody does.
- **Be a Friend!** Let others know that you don't accept bullying at your school, and others will be more willing to speak up, too. Ask friends to join you in being a kid against bullying.

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Minnesota office: 8161 Normandale Blvd., Minneapolis, MN 55437
Los Angeles office: 80 E. Hillcrest Drive, #203, Thousand Oaks, CA 91360
952.838.9000 | 800.537.2237 | Bullying411@PACER.org
PACER.org/Bullying | PACERKidsAgainstBullying.org



Jefferson Elementary PTO Minutes
September 6, 2023

1. PTO Mission

"The mission of Jefferson Elementary PTO is to develop a closer connection between school and home by encouraging parent involvement; enhance the educational experience by supporting academic and enrichment activities; and improve the environment at Jefferson Elementary by providing volunteer and financial support."

2. Introductions/Sign-up Sheet

a. Administrative Items

- i. Review Checkbook balance: \$5,382.45
 - i. Laurie put on as a signer, 2nd signer is Lona, will put Mr. Decker on 3rd for a consistent signer.
 - ii. Venmo: There are 2 Jeff Jag Venmo's that need to be closed. Open in 2021 and 2022, what account are they connected to? Just to be sure not our PTO account.
 - iii. Cheese pump was purchased.

PTO Officers and Volunteers for 2023-2024 School Year:

President – Lona Simon

Treasurer – Laurie Johnson

Secretary/Communications Chair – Kylie Knippling

Faculty Board Member / Teacher Representative – Kristi Wietzema

Principal / Administration Representative – John Decker

Volunteer Coordinator/ Room Parent Coordinator – Kerry Stager & Laurie Johnson

Jaguar Coordinator – Brookney Delgado

Yearbook Coordinator – Taylor Johnson

Turkey Bingo Co-Coordinators – Taylor Johnson & ??

Past Events:

A. Open House

1. SUG was filled
2. Feedback on community was positive, anyone else input? (NO Demos in future. No activity tickets was on the HS side.
3. Different people to add for next year?
4. Space between tables.
5. More signs to direct traffic into lunchroom
6. Back to school sign in grass feedback, Parents liked it.
7. Photobooth-utilized? Try to have a smaller table closer.
8. Teacher meal feedback: they were impressed and appreciative!
9. Thank you(s) given to Giveaway Donation

B. Back to School

1. Drinks: Coffee K Cups, cappuccino, teas, cider, and hot chocolate
2. Variety of 50 muffins from Hy-Vee delivered
3. Feedback?
 1. No Show, called Friday, delivered Monday

C. School Pictures: 8:30am to organize the students, picture cards, and assist students.

- i. Date: Friday, August 25th (8-2ish)
- ii. Lona Worked
- D. Feedback
 1. Need 2 people
 2. Try not to have recess till after
 3. Oct. 19 Retakes



New Agenda:

- j. Popcorn supplies for year (Lona will contact Caitlyn Bach)
- k. Teacher Money: 100\$/certified Teacher (see certificate) Laurie will reimburse as she receives them.
- l. Shirt Update by Brookney: Turn around has been fast. Great options this year!
- m. Homecoming Float (Homecoming September 15th) SF Washington Warriors**
 - i. Truck:
 - 1. Sharps: Taylor Lictenburg, 605.690.6008
 - 2. Contact: Lona called and he will deliver by 12:30 Friday, Needs copy of drivers-driver license.
 - ii. Jurrens donate sign? They made 3 2x4 vinyl signs with gromets. 79%/sign. That is a 25% discount.
 - iii. Theme: Go Arrows.
 - iv. Big Dave Drive/Heiser Mascot
 - v. Other: No trailer, just signs we can reuse to make simpler. Mr. Decker and Randy will put signs on truck.
- n. PTO/Student Council Homecoming Bakesale (Friday Sept 15th)**
 - i. Free will offering: Cash/check only, Mr. Decker has cash bag with 94\$ cash on hand.
 - ii. Randy will set up tables
 - iii. 2 volunteers to set up in the morning
 - iv. SUG to work event/Donate baked goods: Label nuts/GF:
Can adjust next year SUG to work 8:00-8:30 Doesn't take long to pull together.
 - v. Advertise online and send home flyer by Friday
 - vi. Proceeds are split between PTO and Student Council
 - vii. Bakesale: 12:45-1:30, Set up 12:30
- o. 2023-24 Student Directory Volunteer Needed:** Lauren Olerud has sheets and will do it.
- p. Administrative Report**
 - i. Sub of the Month: Jamie bought 8-15\$ GC (2 at 4 sub places in town)
 - ii. Staff Shirts open to PTO officers (donate 20/shirt)
 - iii. All flyers must be ran by Mr, Decker first before sent out
- q. Turkey Bingo:** See check list
- r. Teacher Requests: Mrs. Johnson \$85 morning work bins
- s. PTO input: none
- t. Next Meeting: Wednesday, October 4, 2023 at Noon. Bring your own lunch.

PTO Events:

August: Open House, Open House Lunch for Teachers, 1st Day of School Muffins/Drinks for Teachers, Picture Day helpers

September: Homecoming Bakesale, Homecoming Float

November: Teacher meal for Conferences, National Education Week: Apples, Turkey Bingo

December: Staff Christmas Gifts (Last Year was Air fryer, aluminum foil, and coffee)

February: Conference Meal, Dr. Seus Birthday

March: Movie Night, Yearbook

April: Talent Show, Yearbook continued

May: Teacher Appreciation, Teacher Retirement Gifts, End of Year Party



Turkey Bingo

- i. Date: November 16, 2023 at Codington Extension Building
- ii. Time: Doors open 5.30 Bingo 6-8pm
- iii. Contact name and # to Codington Extension Building??
- iv. Donation write up to drop off: example of good donation
- v. Goal of what to collect
- vi. PTO email for contact (need to create separate email?)
- vii. Jamie updated google doc
- viii. Laurie have workers through work so can donate \$1000
- ix. Turkey Bingo Coordinators report
- i. Explanation on update each meeting
- j. Volunteers for committee members needed: Mostly all hands-on deck, all members have link for the google doc on list of businesses to be handed a donation request or calls. Donations can begin at Coordinators wishes.
Andrew Meek donate pop? Katie M. in the past talked to Andrew. New contact?
Wilbur Ellis donate Pizza?
Culligan donate water?
 - x. Rental Fee: Pd. Taylor has information on who to call and how much it costs.10
 - xi. Hyvee Turkey Order: Noted to lessen turkey purchases to 25-30 (50 last year) . In past Hyvee donated a few and PTO bought the rest. Students will have opportunity to sponsor a Turkey. Information will go out prior to Turkey Bingo.
 - xii. Concession Food Order:
 - 1. Taylor called McKeever Candy was very pricey. (Check to see if did Amazon or Costco)
- i. Highschool order: Nacho Tray, cheese, and chips (popcorn will do for entire year)
 - 2. Extra tables on outside for candy, chips, etc to help concessions go smoothly. Went well. Noted to buy more sugar candy less chocolate candy.
 - 3. Buying new Cheese pump: put extra cans in oven to heat.
- u. BINGO cards/game: Mr. Decker will get Bingo cards from Mellete?
 - 1. Teachers will have signup genius for working entrance and concessions.
 - 2. Mr. Decker asked Mrs. Anderson to call for the Bingo game.
- v. Turkey Bingo: Door Opens at 5.30PM
Pizza (30) arrive at 5:15-5:30 from Pizza Ranch. A volunteer will contact Ross. 2 orders and 2nd will arrive at 6:15 (20). Gluten Free options?? If so then have in 1st order.
Games begin at 6:00-8:00PM 10 games played.
Students will get a door prize if attend and name in bucket to win larger prize. Boy and Girl Silent Auction @ Midway (7pm) 10 total...Can decrease!
Winners will receive a prize or turkey first bingo called. Will take the winning card and you will receive new card.
Need to update signs and prices. \$5/person for a card and concession stand prices are TBD. Smaller popcorn bags will decrease popcorn to .50 until gone. Don't order from HS.
- w. Gift Randy and Dave a gift card (last year was Dakota Butcher \$100-200/each?) for helping PTO at Turkey Bingo and throughout the year!



DEVELOPMENTAL SCREENINGS

Watertown School District 14-4

Early Childhood



SCREENING INFORMATION ★

- Developmental Screenings are for children ages 3-5 years old
- They must reside in the Watertown School District
- Screenings are conducted for potential delays in speech/language, motor, cognitive, and social/emotional development
- Must schedule an appointment
- Screenings will be held at Mellette Elementary School



SCREENING DATES:

September 22, 2023
November 17, 2023
January 26, 2024
March 8, 2024



CONTACT INFORMATION

To schedule an appointment please call Kara at (605) 882-6350

Consistent with Federal and State regulations, the Watertown School District engages in ongoing "Child Find" services to locate, identify, and evaluate all students with disabilities residing within its jurisdiction, age birth through 21 inclusive.



October

2023

Menu is subject to change according to availability of product – check online menu for updates

*Fruit and Milk(11g,19g) is offered at ALL Breakfast Meals,

*Veggie Bar, Fruit Selection and Milk Selection(11g,19g) are offered on ALL Lunch meals!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breakfast: Cereal Bar (28g), String Cheese Lunch: Hot Dog – 24g Baked Beans – 30g	3 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Dinner Roll – 17g	4 Breakfast: Mini Bagels (42g), Yogurt (19g) Lunch: BBQ Sandwich – 29g Waffle Fries – 18g	5 Breakfast: Waffle (36g), Sausage Lunch: Chicken Alfredo – 19g Breadstick – 17g	6 Breakfast: Lemon Bread (45g), String Cheese Lunch: Pizza – 24g Green Beans – 4g	7
8 	9 NO SCHOOL	10 Breakfast: Mini John (12g, 28g), Yogurt (19g) Lunch: Walking Taco – 20g, 28g Assorted Toppings	11 Breakfast: Pancake Bites (15g, 20g) Lunch: Cheeseburger – 29g Fries – 20g	12 Breakfast: Cinni Mini (40g), Go-gurt (8g) Lunch: Chicken Cubes w/ gravy - Mashed Potatoes – 25g Dinner Roll – 17g	13 Breakfast: Breakfast Sandwich (27g) Lunch: Mini Corn Dogs – 13, 20g Mac & Cheese – 19g Sidekick – 22g	14
15	16 Breakfast: Muffin (32g), String Cheese Lunch: Pizza – 29g Green Beans – 4g	17 Breakfast: Funnel Cake, Go-gurt Lunch: Spaghetti w/ Meat Sauce – 25g Garlic Toast – 12g	18 Breakfast: Breakfast Pizza (22g) Lunch: Chicken Nuggets – 16g Baked Beans – 30g	19 Breakfast: Pancake (13g), Sausage Lunch: Rib Patty Sandwich – 30g Tator Tots – 14g	20 Breakfast: Brekkie (51g), Yogurt (19g) Lunch: Italian Dunkers – 34g, 51g Marinara Sauce – 10g Corn – 17g	21 
22 	23 Breakfast: Cereal (24g), String Cheese Lunch: Chicken Strips – 12g, 18g Carrots – 5g Chex – 20g	24 Breakfast: French Toast (37g), Sausage Lunch: Super Nachos – 21g, 31g Refried Beans – 18g	25 *Early Out Breakfast: Benefit Bar (47g), Yogurt (19g) Lunch: Deli Sandwich – 29g Chips – 24g	26 Breakfast: Cinnamon Roll (17g, 33g), Egg Lunch: Hamburger – 29g Fries – 13g	27 Breakfast: Muffin (32g), Go-gurt (8g) Lunch: French Toast Sticks – 38g, 50g Sausage Sidekick – 22g	28
29	30 Breakfast: Cereal Bar (28g), String Cheese Lunch: Pulled Pork Sandwich – 29g Baked Beans – 30g	31 Breakfast: Mini Donuts (20g, 26g), Egg Lunch: Popcorn Chicken – 14g Mashed Potatoes – 25g Dinner Roll – 17g	Happy Halloween 			