### Breakfast Menu - NOVEMBER 2021 K-12

- **Monday**
  - Choice of Cereal or warm muffin
  - Banana 100% fruit juice Milk

- **Tuesday**
  - Professional Development Day
  - No School

- **Wednesday**
  - Choice of Cereal or warm muffin or Breakfast Bun
  - Fresh Apple 100% fruit juice Milk

- **Thursday**
  - Choice of Cereal or warm muffin or French toast Bites
  - Fresh fruit choice Milk

- **Friday**
  - Choice of Cereal or warm muffin or Mini French Toast
  - Fruit cup 100% fruit juice Milk

### Lunch Menu - NOVEMBER 2021 WATERFORD SCHOOLS K-8

- **Monday**
  - "Ranch Burger" Grilled Chicken breast & Bacon
  - On a Hamburger roll
  - Baby carrots Ranch dressing cup
  - French fries applesauce Milk

- **Tuesday**
  - Development Day!
  - No School

- **Wednesday**
  - Mozzarella Sticks
  - Marinara sauce cup
  - Broccoli Dinner roll
  - Diced peaches Milk

- **Thursday**
  - Chicken tenders: Potato puffs
  - Cinnamon buttered carrots
  - Corn muffin Apple juice Milk

- **Friday**
  - Pizza Square
  - Baby carrots w/ranch dip
  - Fresh Apple Milk

### Note:
- Milk $.75 or to add nutrition to your home lunch pick 3 and it’s free!
- *Select milk and any 2 other meal components out of the 3= meal
- One must be a fruit or a veg or select recommended all five for a complete meal.

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### Special Events:
- **November 24th**: Happy Thanksgiving! No School
- **November 25th**: Pass a Football
- **November 26th**: Scavenger Hunt For fall leave colors!
TRICK OR TREAT
HALLOWEEN EVENT

OCT 30  1-3 PM

Miracle League Field, behind Flanders School

This event is open to children with intellectual, developmental, and physical challenges, and their siblings and families. Admission is free, no registration required.
Attn: Great Neck Parents/Guardians

I would like to extend an opportunity for our Great Neck families to connect and collaborate as we discuss various social and emotional learning topics and those related to early childhood development and behavior. Please RSVP to any of the zoom dates listed below if you wish to meet virtually with Brittany Valentine, Great Neck Elementary School Social Worker, and/or support staff.

Common topics include childhood anxiety, family changes and adjustments, grief/loss, challenging behaviors, feeling identification, self-regulation, promoting positive self-image, and social skill-building.

Zoom times will be provided individually as to protect student/family privacy on a first come, first reserved basis. But as always, please do not hesitate to contact the school with any questions or concerns that you may have about your child.

**Family First Friday dates:** 9:00-10:30 a.m. via Zoom (link to be provided upon RSVP)

October 1st, November 5th, December 3rd, January 7th, Feb 4th, March 4th, April 1st, May 6th.

bvalentine@waterfordschools.org 860-442-2593 x3145.
Basketball Skills Clinics

Skills Clinics for girls + boys in grades 4-8. Run by WHS players + coaches. Money goes toward WHS basketball programs!

Tuesday, Nov 2 - 7pm-8:30 pm
Tuesday, Nov 9 - 7pm-8:30 pm
Thursday, Nov 11 - 7pm-8:30 pm

Waterford High School Field House

$10 each player

*athletes welcome to come to 1, 2, or all 3!
Get Your Little Lancers T-Shirt!
Support the Waterford High School Class of 2022
Shirts are blue with short sleeves!

Image of a blue shirt with the text "Little Lancers" and a smaller graphic of a knight.

**Shirt Price: $15**

Pay cash or checks made payable to: **WHS SAF**

*Send payment into school with your child. There will be drop boxes for order forms/payments in the main offices of each elementary school.*

<table>
<thead>
<tr>
<th>School</th>
<th>Great Neck</th>
<th>Oswegatchie</th>
<th>Quaker Hill</th>
</tr>
</thead>
</table>

**Student Name:** ____________________________

**Grade and Teacher:** ________________________

Circle desired shirt size and include quantity:

- Youth X-Small ___
- Youth Small ___
- Youth Medium ___
- Youth Large ___
- Youth X-Large ___

**Last day to send in orders will be November 19th**

Questions? Please contact Jenny Peluso: jpeluso@waterfordschools.org or Megan Gwudz: mgwudz@waterfordschools.org
Show Lancer Pride
With Waterford Beanies

Support the WHS Class of 2023
Order Forms due Monday, November 15th

<table>
<thead>
<tr>
<th>Color</th>
<th>Quantity</th>
<th>Price Per Hat</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red/Blue/White</td>
<td></td>
<td>$20</td>
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</tr>
<tr>
<td>Blue/Black/White</td>
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<td>$20</td>
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</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td>$20</td>
</tr>
</tbody>
</table>

Name: ____________________ Phone #: ____________________

Email: ____________________

Delivery Info:
Please deliver my hat via my child to:

______________________________ (Student’s Name)

_________ (Grade) ________________ (Advisory/ HR Teacher)

WHS___ CLMS___ GN___ OSW___ QH___ CO___

Return to Erica Baumgartner, WHS, Room 306
Checks made out to WHS-SAF.
Mailed to WHS, % Erica Baumgartner
20 Rope Ferry, Waterford, CT 06384
Order Forms due Monday, November 15th
Show Lancer Nation Pride with Waterford Car Magnets

Please Help Support the WHS Class of 2023!
Return the order form with cash or check payable to “WHS-SAF”.

Order Info:
Car Magnets _____ @ $6 = $__________
(QTY)

Name:______________________________ Phone #:______________________________

Email:___________________________________________________________

Delivery Info:
Please deliver my magnets via my child to:

______________________________ (Student’s Name)

_________ (Grade) __________________________ (Advisory/ HR Teacher)

WHS___ CLMS___ GN___ OSW___ QH ___ CO___

Return to Erica Baumgartner, WHS, Room 306
Checks made out to WHS-SAF.
Mailed to WHS, % Erica Baumgartner
20 Rope Ferry Rd. Waterford, CT 06385