



Dates to Remember in September:

<i>Labor Day;</i> NO SCHOOL	3
<i>All School Forms Due</i>	7
<i>Grandparents Day</i>	9
<i>Board of Supervisors' Meeting at MES 5-9 pm</i>	11
<i>Harvest Moon Festival</i>	22
<i>BC Farmers Market</i>	☼
<i>Hot Springs</i>	23
<i>Progress Reports Home</i>	24
<i>CFE Pizza Fundraiser Begins</i>	24
<i>Fall Picture Day 8:45 am</i>	25

Dates to Remember in October:

<i>Book Fair</i>	1-5
<i>Read for the Record</i>	4
<i>CFE Pizza Orders & Money Due</i>	10
<i>CFE Pizza Orders Delivered; Pickup 3:30-6 pm</i>	24
<i>End 1st Marking Period Early Release at 12:30 pm</i>	26
<i>MES Fall Festival</i>	27



Welcome Back

Greetings from Millboro Elementary School!

I am excited and sincerely honored to have been chosen as the new full time principal at Millboro Elementary School! The school year is off to a fantastic start and I am truly enjoying getting to know all the students.

MES has a history of providing excellent academic and cultural experiences for each student and that is the direct result of a dedicated and

knowledgeable faculty and staff. I look forward to leading the faculty and staff as we continue to create and maintain an environment that encourages and promotes individual achievement and a love of learning.

I am very interested in listening to and collaborating with students, families and community members. I believe that if we all work together, we can create the best learning experience for each student. I urge all of you to get involved

and become an active member of the Wildcat Nation.

I am looking forward to an exciting and productive school year!

Please feel free to contact me at any time with questions or concerns.

Sincerely,
Allison Hicklin
allisonh@bath.k12.va.us
540-997-5452

Kindergarten-Mrs. Armstrong

I'm looking forward to a great year with my kindergarten class. We will work on rules for the first few weeks for there are many to remember. I trust the children will be quick learners and great helpers in the classroom.

I will have folders for the students to put their mail in for home each day. This will be a responsibility for the students to take their folders home and have their parents look through the folder each night and return the next day. This folder will be our form of communication each day. It is so important to always remember to check it each night and return any notes, lunch info or forms needed for the next day. If the papers are re-

moved by the next morning I will then know you have read them and know what is happening in your child's days at school.

We will also talk about safety rules for riding the bus to and from school. This is always a topic of concern for parents and teachers. Help your children to remember to use quiet voices on the bus, to walk getting on and off and to always watch for cars when crossing the road. Our bus drivers do a great job with our children but they need the help of the students and parents to keep everyone safe.

We will talk about many topics in Kindergarten such as pets. During that week, parents can bring in

gentle pets to the classroom. The children will have a chance to tell us about their pet and how they help to take care of their pets at home.

I will send home an update letter each week to inform you of the week's activities and what we will be studying the next week. I may ask for help to supply items needed for each week's unit. If you can, please send in anything that goes with our topic for the week. Your child will be so excited to be able to share things from home.

I am excited for the year to begin and look forward to getting to know your children and working with you.

First Grade-Mrs. Whitson



It's so hard to believe that another school year is underway. First graders arrived on the first day of school with smiles on their faces and backpacks on their backs ready to begin another year of learning. I'm sure it will be packed full of fun and excitement all year long. I'm really looking forward to having a fantastic year!



The first few days of school was the perfect time to get re-acquainted with those special

friends that were greatly missed over the summer, as well as build new relationships with new students. First graders have had fun hanging out doing different things.



FIRST GRADE IS DEFINITELY ON THE ROAD TO A GREAT YEAR!



The ability to say no is perhaps the greatest gift a parent has.

~Sam Levenson

Book Fair

Book Fair will begin at noon on October 1st and run through noon on October 5th. Parent night will be Thursday evening, October 4th from 5:00 pm to 7:00 pm.

Second Grade-Mrs. Hepler

In just a wink of an eye, summer is over and teachers are back putting up different names on cubbies, folders and school books. Students are excited to see old friends and new teachers and then we begin a new and exciting year.

Second grade is full of energy: cooperative learning, songs, Art, projects, dramatic play, Reader's Theater, fun seatwork and much more. I have enjoyed meeting your children and today was a



great start. As you can see from our graph we are over loaded with girls 12, I make 13.

Students enjoyed making friendship bracelets and sharing with their friend's their summer activi-

ties. They were quick to learn the routine and followed directions very well. We read a Readers' Theater Fish Goes to School. The fish raise their fins instead of their hands and they like to study people. We also created our own version of the book My Friends and brainstormed other words for the word friend. We are emphasizing how to get along with others and to come in with a good attitude.



Modeling a good attitude at home and school will help mold your child's future. Please join us in our crusade for shaping our Children of tomorrow.

In Math we will be working on addition, odd and even numbers, counting by 5, 10, and 2's. We

will work on number word recognition and place value, money and time. In Science we begin plants and life cycles. We hope to find our butterflies soon. In Social Studies we will focus on where we live and different parts of the United States. Help your child locate Virginia, Appalachian Mountains, Rocky Mountains, Mississippi River and the Great Lakes. Study guides will be sent to help you accomplish this. In Language Arts we will work on nouns and verbs, creating sentences, the writing process, Story maps, predictions, beginning, middle and end of story, characterization and much more.

Look for Fridge News each week to help you review skills taught. If there are any questions please contact me at school or home.



Third Grade-Mrs. Madison

We had a busy first day of school. Each student cleaned their desk and chair. They organized their desks, binders, and pencil boxes. Forms were collected as well as other supplies. Rules were reviewed and we met with the principal. Music with Mrs. Lindsay, lunch, recess,



and the Did You Know? activity were favorites of the day!

The 1st 9 weeks will begin with assessments in Spelling, Reading, and Math. Two of these assessments are Aimsweb



and PALS.

Science skills will include life processes and life cycles. Map skills and explorers will be the focus in Social Studies. Math time will find us busy with patterns, graphs, place value, rounding, and much more. Each week there will be spelling words to study as well as lots of exciting stories to read.

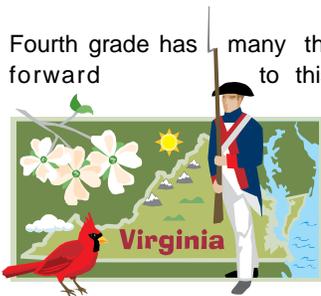
Check your child's homework notebook each night for assignments, notes, spelling list, etc. The homework folder, along with the homework notebook, will help

keep your child organized this year. Good study habits, communication between home and school, the proper amount of rest, and good nutrition will help your child have a great year!



Fourth Grade— Ms. Manion

Fourth grade has many things to look forward to this year. We will be reading lots of fiction and some historical fiction books as we progress through the year. In addition, we will work on comprehending nonfiction work. We will also study everything about Virginia. Virginia has a rich geography and history. We start with Virginia geography and move on to Virginia history. Our scientific study will include basic electricity, plants, weather, and the solar system. Our math work is foundational for mathematical study for years to come. We work on place value, multiplication, division, fractions, geometry, and time. The first nine weeks we will be working on place value, graphs, addition, subtraction, and our basic multiplication facts. Please be reviewing the basic multi-



plication facts with your student. Multiplication is involved with all of the rest of our math. In science, we will work on understanding the basic scientific process for investigation, plants, and Virginia's natural resources. In Virginia studies, we will work on learning Virginia's geography and Virginia Indian history. We might get to early European arrivals by the end of the first nine weeks but that will probably be during the second nine weeks. Lastly, we will read. The books we will read will be determined after some of our initial assessments are completed. The assessments at the beginning of the year are used to determine what the students should be working on within our curriculum framework. I look forward to working with you to further your student's education.

We're on the web!

www.bath.k12.va.us/mes

CFE News

The Millboro Elementary CFE (Citizens for Education) is excited to announce new officers for the 2012-13 school year. Officers are as follows: Trisha Alphin/President, Monique Ingram/Vice President, Julia Bryant/Secretary, and Kim Manion/Treasurer. We are a team working together for the betterment of our children's school experience and we invite anyone who is interested to please join us and hop on the BOP (Board of Parents). We can use your help and support in any way possible. It is free to join and it is so beneficial to our kids. We have some exciting things planned for the upcoming school year and welcome any advice or opinions. Let's make our children's school experience wonderful together!



Fifth Grade Homeroom-Mr. Crawford

**Children are our most
valuable resource.**

~Herbert Hoover

Wow! Where did summer go? It's so wonderful to have everyone back! I'd like to give a warm welcome to our new fifth graders. I'm looking forward to a super year with all of you! We've gone over lots and lots of expectations and responsibilities of being in fifth grade. We did some really fun team building exercises to kick off the year. In History, we will start by "visiting" the various geographic regions of the United States. We'll also "see" one of the oldest archaeological spots in America that's right here in Virginia! Too cool!

We're off to a great start this year and I'm truly looking forward to our year together. Please visit my webpage at www.mistercrawford.com to stay informed on homework, upcoming events and more. Just be sure to click the US History I or

Reading tab to see what's happening in fifth grade.

We're off to a great start in sixth grade, too! I think we were all happy to reunite after our long summer break. US History II picks up where we left off last year, Reconstruction. After we learn about the 50 states located within the seven regions, we're moving on to the settlement of the Great Plains. From John Deere to sod houses, I believe the kids will enjoy learning how Americans adapted to the environment in order to settle this harsh region of the United States. Please visit my webpage frequently to keep up with what your child is doing in US History II.

Civics and Economics has been going wonderfully, as well. This is our third year together and I'm so excited that they're back! We'll be

learning how a 222 year-old document consisting of only 4,400 words has provided us with the most stable (note, I said most) form of government in history and how our framers planned for the future so it would last this long. To start, we will be spending a good bit of time discussing the Bill of Rights and how it affects our daily life. We've actually spent some time with that already, but will be spending piles more. I'm very excited about the school year as well as the upcoming elections. We'll actually be able to see what we've been learning about in action and hopefully make some connections to and understand the importance of civic duty and our responsibilities as Americans! Don't forget, too, to check out our class site for homework, links, and more.

5/6 Language Arts/5 Math-Ms. Lee

Welcome to 6th grade Language Arts.

Alliterations are a great place to start.

Exploring our names with a tongue twist or two.

Read [Animalia](#) by Graeme Base

His alliterations will mesmerize you.

Look to literature for character traits so clear

Jealousy, anger, insecurity, and fear

Ambitious, courageous, adventurous, loquacious and

Jovial, just to name a few.

Ray Bradbury's , [All Summer in a Day](#) reveals the harmful bully's traits,

things we ought not do.

We will recite a poem by Charlotte Zolotow with added creative actions about changes in a year

The real change is within each student that we all hold dear.

We will read an autobiography about a man and a wild bear,

Respect all creatures is the theme we will learn there.

Through a variety of genres, experiences and strife

I hope we learn a bit about literature and whole lot

About life!

5th Grade Language Arts and Math

What a great group of students! I am thrilled to be at Millboro working with the fabulous fifth grade students (Can you find the alliteration and explain it to your parents?). We have math in the mornings with a brand-new text. We will use hands-on objects and real life situations with our math objectives. Recipes, crafts, Olympic records, blueprints and nutritional information are examples of real life math we will explore in class. The math objectives are more rigorous and expectations for students are high. Please look over the information for Math 5 objectives on the Virginia Department of Education website. I also have websites suggested on my web-page. This year your students are lucky to have extra teachers in the room for math instructions. Mr. Halterman and Ms. Julie are in math class to help with instruction and differentiation.

5th grade language arts takes place right after lunch. Yes, I will wake them up. I am basing part of my class on [The Book Whisperer](#) a book by Donalyn Miller, a sixth grade reading teacher in Texas. The book was recommended by Mrs. Lancaster and is about instilling the love for reading in all students. Luckily many students come to

me loving to read. The students have time daily to read independently in class. Through independent reading we study the reading and English SOL objectives. I am requiring that the students read each night for at least 30 minutes. Sometimes I find that once they start to read they don't want to stop. We will work on independent book selection throughout the year: choosing the right book for their reading interest and reading level. I had a student last year that had a difficult time finding a book to keep his interest. After searching and searching he found a series of books he loved. He looked at me over the lunch table and commented, "Ms. Lee you have stabbed me with the reading dagger." This was one of my proudest moments as a teacher. Have the kids take a book in the car to practice, on the way to the store, to the dentist's office. There always seem to be waiting periods--what a perfect time to read! Perhaps you want to set aside some time at home for family independent reading. It is a great time for their developing minds, they know how and there is an added bonus. It is very quiet.

Sixth Grade Homeroom-Mr. Halterman

Welcome to Millboro Science! I am thrilled to be here at my home school for the full day this year. This will allow me to prepare more "hands-on" and student-centered activities, which provide learning and interest for students.

Please note that the science SOL has been updated this year, along with more challenging questions on the big test at the end. I do not foresee any major problems, as long as we all do our part. The SOLs themselves are not that different from the past, it is the questions and the technology that are a bit different.

HOMEWORK! HOMEWORK! HOMEWORK! The best way to help your child be a success in science is to make sure the homework is done in a good atmosphere. Provide a quiet place with no electronic distractions for your child to work. Check the Assignment book each night to make sure assignments are written

down. Homework is super important, since here is where much of the reading and understanding, practice and projects are completed. Since students like continuity in their schedule, here is pretty much what to expect from me for weekly homework.

1. A reading assignment is done every week. This may be done and reviewed anytime during the week that the student has no written homework.
2. The test/evaluation is usually done on Friday, making Thursday night the big study night.
3. Usually two written assignments are done during the week. One is usually a review sheet (exactly what will be on the Friday test) and the other often a vocabulary or practice sheet. I have been know to give the

exact test as a review. Pretty well insures a good grade if the homework is done.

4. There is often a small or large project going at any given time. These may be posters, constructed items or collections, and there is usually a firm deadline on these.

Obviously, homework is the key to success in science. Statements like, "I don't ever have any homework;" "Left my assignment book at home," or "He doesn't write it up for us," (I do) is a formula for disaster. On evenings with no written homework, your child would benefit by re-reading the last assignment.

I hope you are as excited about the new year as I am. Working together we can make this the best science year ever!!

ART-Ms. Horner

On the very first class students will review rules, expectations, and consequences in the art room. Students will be working on drawings that could become the cover or be included in the yearbook for Kindergarten through seventh grade students. I look forward to creating artwork with your child. Donations of newspapers and plastic containers are highly appreciated.

Welcome Back 7th Grade-Mr. Hardbarger

No make that, "Welcome back all Millboro students". We won't talk about how "quickly, the summer flew by," but how anxious we are to begin a new school year. Not only are we starting a new year, but we are also welcoming our new principal, Mrs. Hicklin. Although teachers and staff have only been back to school for a few short days, everyone can already sense a positive, up-beat feeling about our new year, our school and our new principal. I think the principal's enthusiasm and the staff's enthusiasm will also be passed on to our

students and school will be a nice place to come and learn.

Mrs. Hicklin has worked hard this summer to develop a workable and realistic schedule that will involve lots of faculty interaction with students during a regular class. An example is, Mr. Crawford helping me teach math six for half a period or it may involve me helping Ms. Lee teach a Language Arts and reading class. This is an innovative and progressive type of scheduling and difficult to bring to fruition, but almost all of the teachers involved have bought into the system

and I think will benefit both students and teachers. It's a very exciting way to teach and I for one am looking forward to it.

I do hope everyone, parents and children both, had a fun and relaxing summer and are as enthusiastic about our new school year as I am.

Children will not become good readers if no one reads at home, if the bookshelves are filled only with knickknacks & plastic flowers, & if television watching is the preoccupation of parents at night.

~Ernest Boyer





What the best and wisest parent wants for his own child, that must the community want for all its children.

~John Dewey

Millboro Elementary School

***CFE* = Citizens For Education**

Officers: Trisha Alphin - 997-0611/294-6700, Monique Ingram - 997-5978,

Julia Bryant - 679-9102, Kim Manion - kimm@bath.k12.va.us

Why we raise money?

To help pay part or all of student field trip costs.

To provide extra activities to enhance students' school experience.
To contribute to the purchase of literature and much, more!

How can you help?

Become a member!
Volunteer your time!
Attend CFE Meetings!
Help get our community involved!
Keep involved in your child's learning environment!

We want and need your help!!!!

Music-Mrs. Lindsay

Welcome back, students! All classes will be very busy as they encounter many new musical experiences this year. Here is a brief overview of the activities students will participate in during the first nine weeks.

Students in Kindergarten will enjoy getting to explore musical instruments, songs and games. First Grade students will experiment with movement to music. Some of our movements will be structured and some of it will be student initiated. First Grade students

will also play rhythm instruments and learn a lot of fun songs! Second Grade will be learning to follow the words of a song when written below the music staff. This is such a big accomplishment! They will learn about the music staff, the treble clef and the double bar line. Third graders will begin to learn about the orchestra. We will be studying about the Brass Family during this first nine weeks. We will learn about the characteristics of the instruments as well as their names! Fourth Grade students will be preparing to play the recorders in the

Spring! We will discuss line and space notes and learn the names of the notes. Students in fifth grade will be learning about African American Spirituals during this first nine weeks. We will be talking about the codes found in the songs that were used for escape through the Underground Railroad. Sixth and Seventh grade students will spend their time singing and reviewing many musical concepts. Students will be working with beat and rhythm as well. Let's have a great nine weeks!

Physical Education-Ms. Forsyth

The 2012-13 MES Physical Education and Health classes are heading into a year packed with fun and challenges. Students in grades K-3 will begin the year working on fine and gross motor skills, with special emphasis on cardiovascular fitness and upper body strength. Grades 4-7 will prepare for the fall Fitness-gram Fitness Testing. Students are tested on cardiovascular endurance, abdominal strength, flexibility and upper body strength.

Test scores from spring were not where they needed to be on upper body strength and endurance. Students in grades 4-7 will have fitness portfolios this year that will help them set individual goals and work towards personal achievement. Students will be bringing home test scores and ideas for things they can work on at home.

Students are being encouraged to be active at home. Grades K-5 will participate in the Get Active, Get Fit pro-

gram sponsored by the state of Virginia beginning Oct. 1. MES has won a Radio Disney Dance party for the past two years and we are hoping to come out on top again. It will take a lot of hard work from the students and you as we monitor activity levels for 45 days.

Feel free to come by the gym and join your students in physical education. If you have any questions, do not hesitate to call.

Guidance-Mrs. DeBoe

Welcome back! Hope you had a great summer and are ready for the new school year. I am looking forward to an exciting year filled with new adventures. We will stay busy exploring numerous topics in guidance. As always, learning to respect ourselves and others will be a focus. I plan to see confidence and self-esteem soar as students tackle a new set of challenges. As we stretch ourselves intellectually and emotionally, I hope that you will recognize improvement in character and academic success. It's going to be a great year!

Adult Education Classes GED Test Preparation

A GED can help you:

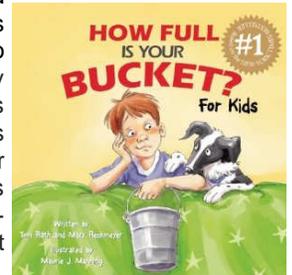
- ◆ *Get and keep a better job*
- ◆ *Earn a promotion*
- ◆ *Enroll in college*
- ◆ *Prepare for the future*
- ◆ *Help your children achieve in school*

Classes held every Monday and
Tuesday evenings from 5:30-7:30
at Goshen Library

All classes and materials are free of charge!
Contact Kim Lancaster at 997-5452 for more
information or to register. Call today!!

Title I-Mrs. Lancaster

It's exciting to be back in school and gearing up for a new year. Already students are sharing about books they read over the summer or are reading now. We are beginning the year by reading together a book written by Tom Rath called *How Full is Your Bucket?* It is a story about a boy named Felix who learns that being kind to his family and friends helps others, but also helps him as well. Felix sees how every interaction in a day either fills or empties his imaginary bucket. Felix then realizes that everything he says or does to other people fills or empties their buckets as well. After writing about their own personal experience of having their bucket filled or filling someone else's bucket, the students are creating a bulletin board in the room to share their ideas of ways they can help to fill the buckets of others. It's been a great way to begin the year on a positive note of treating our friends the way we want to be treated.



This fall will be busy with fun reading events, as we already have two special activities already scheduled. September 7th is International Literacy Day. Students will be exposed to literature from around the globe to help them appreciate the diversity of the world in which we live. On October 4th we will again participate in Read for the Record by reading *Ladybug Girl and the Bug Squad* by David Soman and Jacky Davis. It is about a girl named Lulu, otherwise known as Ladybug Girl, who gathers her friends Bumblebee Boy, Dragonfly Girl, and Butterfly Girl for some imaginary fun. We hope to help set a new world record as we join over 2.5 million other children reading the same book. Our first Family Reading Night will be coming later this fall. Keep up to date with this and other reading happenings by using the link for my school website at www.bath.k12.va.us/mes/kim/. Remember that the best way to help your children be good readers is to read to them every day!

Behavior Specialist-Ms. Gretchen Notermann

Ms. Notermann has joined Millboro Elementary as a behavior intervention specialist. This position is similar to the one held by Mrs. Ostling at Valley Elementary School. Both positions are funded through Bath County to serve the specific needs of children and youth. The goal of the program is to improve the independent functioning of these students academically and socially. Ms. Notermann will provide activities to promote positive behaviors one-on-one and in small groups,

as well as support for these students in the classroom and school activities. She would appreciate donations of markers, colored paper, hand-wipes, and tissues, as well as gently used puzzles, Legos, or boxed games for use by the students in the program.

The new behavior intervention specialist comes to Millboro from Botetourt County. Ms. Notermann has devoted many years to young people. In 1979 she co-founded the West End Center in Roanoke, a non-profit organization offer-

ing youth tutoring and activities after-school and during the summer. She has twelve years of teaching experience, working with ages ranging from six to eighteen, primarily with students in need of extra support. She is a graduate of Hollins College, and has a postbaccalaureate from Radford University. Her son, Christian, is a recent graduate of Hampden-Sydney College and is attending law school at Washington and Lee University in Lexington.

The foundation of
knowledge must be laid
by reading.

~Samuel Johnson



PLEASE NOTE: This year we will ONLY be collecting the following items:



Campbell Soup Labels
Box Tops for Education



Coke Caps
Soda Can Tabs



BACK TO SCHOOL JOKES

Q: How long does it take a gymnast to get back to class?
A: *A split second*

Q: What do elves learn at school?
A: *The elf-abet.*

Q: Why is the math book so unhappy?
A: *Because it is full of problems.*

Q: Why don't you do math in the jungle?
A: *Because if you add 4+4 you get ate.*

GARLIC PITA CHIPS
(A good substitute for potato chips.)

Ingredients
1/2 C Olive Oil
2 Cloves Garlic, peeled & quartered
1/2 tsp. Ground Coriander
Salt & Pepper
6 (6") Pitas Split

Preparation
1. Preheat oven to 425. In a very small saucepan, heat oil, garlic & coriander; season with salt & pepper. Cook over medium heat until garlic is golden, 2-3 minutes. Remove pan from heat and let stand 5 minutes. Discard garlic.
2. Brush oil on rough sides of pita; stack and cut into 8 wedges. Place half of wedges oil side up on 2 baking sheets. Bake until golden, about 5 minutes. Repeat with remainder.



FOLIAGE FRIENDS

Materials
Leaves from your yard
Paper
Glue
Pens, pencils, crayons

Instructions
Go outside and see what kinds of animals are hiding in your leaf piles. Below are some possibilities. When you've found leaves whose shapes you like glue them to a piece of paper & use pen, pencil, or crayon to make your creature complete. To preserve your creations, press between 2 books.



Ideas for Healthy Lunches & Snacks

When you go to school, you want to be at the top of your game so you can stay alert and perform well. Eating a healthy lunch and snacks will help fuel your brain and body. But putting together healthy lunches and snacks can be surprisingly difficult and time consuming. It's certainly much easier to bring pre-packaged snacks and lunches to school. These options, however, are often filled with saturated fats, sodium, and sugar-all things that you should avoid.

Sandwiches are a popular choice for a school lunch. Choose whole grain bread, wraps, or pita. If your child resists whole grains, use bread that is made with some whole grain but still has the flavor and texture of white bread. Each sandwich should have a protein source and healthy toppings. Some suggestions are:

- Tuna sandwich wrap with light mayonnaise, lettuce and tomatoes
- Egg salad sandwich on whole grain bread
- Peanut butter, cashew, or almond butter with 100% fruit spread on whole grain bread
- Sliced turkey, lean beef, or chicken from the deli with light mayonnaise, mustard, and a

slice of cheese

What should you send along with a sandwich? A piece of fruit is healthy but can get a bit boring after a while. Skip the greasy chips and choose these healthier options.

- Send a salad in a small plastic container. Keep the dressing on the side in a separate container.
- Cheese sticks go well with sandwiches and are a good source of calcium.
- Whole grain snack crackers add a nice crunch and fiber.
- Make a fruit salad with grapes, melon chunks, and blueberries.
- Dried fruit, like raisins, dried cranberries, or banana chips.
- Pack a cold pasta salad, cole slaw, or potato salad.
- Baby carrots with a small container of vegetable dip.
- Crunchy raw green beans with a small container of ranch dip.

- Prepackaged low-fat yogurt with fruit.

Think Beyond the Sandwich

With insulated food jars, you can send hot foods to school, too, like leftovers from that delicious meal you made last night. Make sure the foods are heated to at least 140 degrees before putting them into the insulated jars.

With the right lunch gear, your child can enjoy a delicious and healthy lunch every day. Add a small cookie for dessert along with juice, milk, or water for a complete healthy and fun meal.

Healthy Snacks

- Apples
- Banana
- Cherry Tomatoes
- Celery Sticks
- Celery w/Hummus
- Cottage Cheese
- Granola Bars
- Raw Mixed Nuts (unsalted)
- 100% Whole Wheat Pretzels

- Soy Yogurt
- Raw Almonds
- Orange
- Oat Bran Pretzels
- Hard Boiled Egg
- Hummus

