



North Mac CUSD #34

Elementary School Information

217/965-5424

Today Tuesday, February 4th, 2020

News:

Involve your child in food preparation and planning---Suggestions include:

- Involve your child in choosing which fruit or vegetables they would like.
- Take your child fruit and vegetable shopping and let them see, smell and feel the fruit and vegetables with you.
- Ask your child to draw a picture and describe the food to you.
- Let your child help wash and prepare fruit and vegetables. Use this opportunity to explore new colors and shapes.
- Encourage their skills by letting them make a simple salad to serve themselves.
- Count out grapes or berries together into a bowl.
- Grow some vegetables or herbs in the garden or pot. Let your child water and nurture the plant.

Reminders:

- 2/12 – Spring Picture Day. Information was sent home in your child's backpack.
- 2/12 – Blood Drive, in the NME Gymnasium in honor of Liam Ireland through the Central Illinois Community Blood Center. North Mac High School National Honor Society members will be providing childcare during donations.
- 2/14 – 5 Essentials Survey information went home with your student(s). The survey can be accessed until February 14 using this link <https://survey.5-essentials.org/illinois> or the link on our Elementary web page, thanks to Mr. Langellier.

Week at a Glance:

- 2/4 – The Physical Education in-house skating program (Skatetime School Programs®) will begin.
- 2/5 – Early 1:20p Dismissal
- 2/8 – Storytime at the Sly Fox Bookstore at 10:00a

Week's Menu:

Tuesday – 2/4 –

Breakfast – French Toast, Fruit, Juice, Milk

Lunch – Crazy Walking Taco, Salsa, Refried Beans, Fruit, Milk

Wednesday – 2/5 –

Breakfast – Cinnamon Roll, Fruit, Juice, Milk

Lunch – Corn Dog, Carrot Sticks with Ranch, Cherry Tomatoes, Fruit, Milk

Thursday – 2/6 –

Breakfast - Cereal with Pop Tart, Fruit, Juice, Milk

Lunch – Chicken Patty Sandwich, Garden Salad, Fruit, Milk

Friday – 2/7 –

Breakfast – Dutch Waffle, Fruit, Juice, Milk

Lunch – Pizza, California Blend Veggies, Sorbet, Milk

Monday – 2/10 –

Breakfast – Chocolate Bread Slice, Fruit, Juice, Milk

Lunch – Turkey & Cheese Sandwich, Baked Beans, Carrot Stick with Ranch, Fruit, Milk

Tuesday – 2/11 –

Breakfast – Cereal with Nutrigrain Bar, Fruit, Juice, Milk

Lunch – Cook's Choice, Milk