



## North Mac CUSD #34

### Elementary School Information

217/965-5424

Today is Wednesday, March 11th, 2020

### News:

- National Nutrition Month – Healthy on a budget
  - No one should have to spend their whole paycheck on a cart of groceries, despite the reputation healthy food has for being out of reach. We have some recommendations for saving money while eating nutritiously.
  - One of the simplest ways to stay healthy on a budget is by using a shopping list. Not only do they help you make healthier good choices, they help you stick to what's planned for the week ahead. It can also help you track your spending.
  - Grocery shop when your belly is full. Hunger can make it tempting to add unhealthy snacks to the cart. Consider shopping after a balanced breakfast or right after lunch or dinner.
  - When fresh fruits and vegetables are on sale, stock up. Buy extra and freeze them for future meals. Also, seasonal produce is usually much cheaper.
  - Frozen and canned cost less than fresh. Try to get the low sodium versions for extra health. Frozen tend to have higher nutritional value because they are frozen within hours of harvest.

### Reminders:

- 3/20 – Pre-K Field trip to Sportabouts – Various times throughout the day
- 3/23 – OrganWise Guys at Elementary
- 3/24 – Pre-K Family Night with Absolute Science – 6p-7:15p – Elementary Gym
- 3/25 – District Board Meeting, 6:30p, HS Media Center, Elementary Providing Presentation to Public. Public is invited.
- 3/25 – Report Cards Go Home
- 3/25 – Manners Meal – K-2<sup>nd</sup> Grade
- 3/30 – Pre-K Nutrition Program w/Macoupin Co Cooperative Extension
- 3/30 to 4/3-- Spring Book Fair – Children's store 8a-9a & 2:15p-3p daily. VOLUNTEERS NEEDED
- 4/7 – K-2 Math & Science Family Night – 6pm – Featuring "Wacky Science" Presentation – Elementary Gym
- 4/15 – Blood Drive for Liam Ireland at North Mac Elementary

### Week at a glance:

- 3/11 – 1:20 Dismissal for School Improvement Meetings
- 3/12 – High School Fine Arts Festival, 6p
- 3/12 – Pre-K Field Trip to DiCarlos, AM and PM classes

### Week's Menu:

- Wednesday, March 11 --  
Breakfast – Breakfast Pizza, Fruit, Juice and Milk  
Lunch – Cheeseburger, Tater Tots, Fruit and Milk
- Thursday, March 12 --  
Breakfast – Pancake Bites w/optional SF Syrup, Fruit, Juice and Milk  
Lunch – Chicken Nuggets, Mac N Cheese, Steamed Broccoli, Fruit and Milk
- Friday, March 13 --  
Breakfast – Cereal with Muffin, Fruit, Juice and Milk  
Lunch – Cheese Pizza, Carrot Sticks w/Ranch, Cherry Tomatoes, Sorbet and Milk