



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Tuesday, March 16th, 2021

News:

Ideas to help you eat more green at St. Patrick's Day (and throughout the year) *Source: Intermountain Health Care

Vegetables aid digestive health – Vegetables are an excellent source of insoluble fiber, and many vegetables are rich in magnesium, both of which will help keep you regular and reduce the risk of gastrointestinal disease. Vegetables to consider: **Artichokes, asparagus, broccoli, brussels sprouts, edamame, peas and spinach.** Here are some practical tips to increase the number of greens on your plate: Add vegetables to your favorite foods. Try grating carrots into your rice as you cook it. Put some fresh Spinach into smoothies. Saute' your favorite veggies and add them to scrambled eggs. Have a salad with chopped avocado before your dinner. Have a loaded baked potato covered in grilled onions, mushrooms and cheese. If raw vegetables appeal to you, make a little flavorful dipping sauce out of sour cream and tabasco sauce. The possibilities are limitless! Make a decision to go **GREEN** – at least at the dinner table! Your body will thank you for it!

St. Pat's 5 Top-Selling Books for Kids: Do you have a favorite book that isn't on this list?

1. *How to Catch a Leprechaun* by Adam Wallace
2. *Pete the Cat: The Great Leprechaun Chase* by James Dean
3. *There Was an Old Lady Who Swallowed a Clover* by Lucille Colandro
4. *Liam The Leprechaun Loves to Fart* by Humor Heals Us
5. *The Night Before St. Patrick's Day* by Natasha Wing

Reminders/Calendar:

- 3/17 – St. Patrick's Day – Eat something green!
- 3/17 – End of Third Quarter
- 3/24 – Report Cards Go Home w/Students
- 3/25 – First of the FREE Illinois Extension Office after school programs. Contact: econrady@illinois.edu
- 3/30 – Kindergarten Screening for 2021/2022 – 12pm to 7pm/Elementary Gym by appointment
- 3/31 – Kindergarten Screening for 2021/2022 – 8:30am to 12:30pm/Elementary Gym by appointment
- 3/31 – Dr. Seuss Reading Challenge Deadline
- 4/1 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 4/2 – Deadline for 5Essentials survey - Link for parents - <http://survey.5-essentials.org/illinois/survey/parent/>
- 4/2 & 5 – Easter Break – No School
- 4/8 – North Mac Foundation Brisket Dinner – Pick up at HS - \$25 each – See homepage for details.
- 4/8 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 4/15 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 4/22 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 4/29 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu

Week's Menu: (Each day for breakfast the children will enjoy a fruit, a juice and a milk. For lunch they will enjoy a vegetable, a fruit and a milk.)

Tuesday the 16 th --	Bfast – Breakfast Sandwich	Lunch – Quesadillia
Wednesday the 17 th --	Bfast – Cereal w/Toast	Lunch – Hot Ham & Cheese Sandwich
Thursday the 18 th --	Bfast – Cook's Choice	Lunch – Cheeseburger
Friday the 19 th --	Bfast – Donut	Lunch – Cheese Pizza