



## North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Wednesday, March 17th, 2021

### News:

## HAPPY ST. PATRICK'S DAY!!

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

Vegetables Reduce The Risk Of Cancer – A number of green vegetables contain Lutein, a carotenoid, and other anti-oxidants that help keep cancer-causing free radicals in check. Your best bets are **Arugula, Cabbage, Kale, Bok-Choy, Turnip Greens, Watercress, Wasabi, and Spinach**. Here are some practical tips to increase the number of greens on your plate: Substitute veggies for other ingredients – Zucchini can make a great alternative to pasta noodles. Wrap your sandwich in lettuce rather than bread or tortilla shells. Pizza crust can be made with cauliflower instead of wheat flour. Substitute chopped mushrooms for meat sausage for any item. Although it isn't a vegetable, apple sauce makes a wonderful alternative to fats in many recipes. The possibilities are limitless! Go **GREEN!!!**

### Fun Facts About St. Patrick's Day –

\*The official color of the holiday used to be BLUE.

\*The four leaves on a clover stem each have a meaning: Hope, Faith, Love and Luck!!

\*1962 was the first year Chicago dyed the river green.

\*Folk lore states that St. Patrick banished all snakes from the Emerald Isle. Archaeologists have proven there are no snake fossils in the island crust, and there are no known snake species on the island to this day – green or otherwise.

### 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](mailto: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](mailto: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](mailto:econrady@illinois.edu)
- 4/15 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)
- 4/22 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)
- 4/29 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto: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.)

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