



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Friday, March 19th, 2021

News:

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

Final Installment –

Try preparing vegetables in a different way!

Roasting brings out vegetables' natural sweetness and gives them a very different taste compared to steaming. "Pan frying" with a few drops of olive oil or butter in a non-stick skillet gives them a different texture. Marinating vegetables overnight in your favorite low fat salad dressing or your favorite flavored vinegar before baking is a nice change of pace. Find your favorite non-sodium seasoning to add to any vegetable, cooked any way.

Vegetables boost your heart health!

Folate and soluble fiber come packed in a number of veggies and can lower inflammatory markers in your blood and cholesterol levels. Try these foods: Endive, Brussels Sprouts, Romaine Lettuce, Okra, Spinach, Lima Beans, Avocados and Collard Greens.

Your taste buds will soon start to crave the good stuff!

Reminders/Calendar:

- 3/24 – Report Cards Go Home w/Students
- 3/24 – Board Meeting at High School - 6:30p (Limited seating due to Covid restrictions. Please call 217/627-2915 to make reservation.)
- 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
- 4/28 – Board Meeting at High School - 6:30p (Limited seating due to Covid restrictions. Please call 217/627-2915 to make reservation.)
- 4/29 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 5/26 – Board Meeting at High School - 6:30p (Limited seating due to Covid restrictions. Please call 217/627-2915 to make reservation.)
- 6/23 - Board Meeting at High School - 6:30p (Limited seating due to Covid restrictions. Please call 217/627-2915 to make reservation.)

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.)

Friday the 19 th --	Bfast – Donut	Lunch – Cheese Pizza
Monday the 22 nd -	Bfast – Bagel/Cream Cheese	Lunch – Chicken Strips
Tuesday the 23 rd -	Bfast – Yogurt w/Cereal	Lunch – Pizza Rolls
Wednesday the 24 th -	Bfast – Breakfast Bites	Lunch – Grilled Cheese
Thursday the 25 th -	Bfast – Breakfast Pizza	Lunch – Corn Dog
Friday the 26 th –	Bfast – Mini Pancakes	Lunch – Bosco Sticks