Eagle Watch October 2021/2022 NEWSLETTER

IN THIS ISSUE PTU MEETING INFORMATION BREAKFAST MENU LUNCH MENU OCTOBER CALENDAR

Our ATHOL ELEMENTARY PTU

- Parent & Teachers United -



works very hard throughout the year to help

support our students & teachers. Last year their amazing efforts brought a new playground to our little school. Right now they are in the midst of planning the annual Walk-A-thon.

Please consider joining them for their next meeting on October 21 at 6pm in our school library.

They have some exciting things planned for the school year and would welcome your help as well as any new ideas you might have.

Supporting through your purchases!

Remember If you purchase things on

Amazon.com, use: smile.amazon.com and choose Athol Elementary PTU as your organization to support. The PTU will get a portion of the amount you spend at Amazon back as a donation! Our PTU is a charitable organization under section 501(c)(3). Donations are tax deductible to the fullest extent of the law. Email us at <u>atholelementaryPTU@gmail.com</u> or you can drop off any donations to the school office. We are so thankful for your support!

ABOUT US:

Athol Elementary School 6333 E. Menser Ave., Athol Principal: Kathy Thomas Email: Asst, Principal: Christina Fromm Counselor: Heather Hamilton



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October 2021

27 Main Entrees N Blueberry Bagel • Light Cream Cheese • Cinnamon Toast Crunch • Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String • Cheese F Fruit & Vegetable Bar • Assorted Fruit Juice • Assorted Chilled Fruit • K Condiments M Chocolate Skim Milk • 1% Low-fat Milk • 4 • Blueberry Muffin • Cinnamon Toast Crunch • Cereal •	28 Main Entrees • Breakfast Rolled Taco • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar • Assorted Fruit Juice • Fresh Orange • Assorted Chilled Fruit Vilk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk 5 Main Entrees Cinnamon Toast Crunch	WEDNESDAY 29 Main Entrees • Apple Cinnamon Muffin • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar • Assorted Fruit Juice • Assorted Chilled Fruit Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk	30 7	FRIDAY / /
ain Entrees M Blueberry Muffin • Cinnamon Toast Crunch Cereal •	Aain Entrees		7	8
Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Fr ruit & Vegetable Bar Assorted Fruit Juice Assorted Chilled Fruit ilk & Condiments M Chocolate Skim Milk	Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese ruit & Vegetable Bar Assorted Fruit Juice Fresh Orange Assorted Chilled Fruit lilk & Condiments Chocolate Skim Milk 1% Low-fat Milk	 Breakfast Turkey Sausage Pizza Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Fruit & Vegetable Bar Assorted Fruit Juice Assorted Chilled Fruit Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk 	 Main Entrees Apple Cinnamon Muffin Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Fruit & Vegetable Bar Assorted Fruit Juice Fresh Orange Assorted Chilled Fruit Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk 	 Main Entrees Breakfast Rolled Taco Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Fruit & Vegetable Bar Assorted Fruit Juice Assorted Fruit Juice Assorted Chilled Fruit Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk
ain Entrees Main Chocolate Chip Muffin Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Uit & Vegetable Bar Assorted Fruit Juice Assorted Chilled Fruit Schocolate Skim Milk Mi 1% Low-fat Milk	12 Jain Entrees Mini Cinnis Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese uit & Vegetable Bar Assorted Fruit Juice Fresh Orange Assorted Chilled Fruit ilk & Condiments Chocolate Skim Milk 1% Low-fat Milk	 Hain Entrees Breakfast Turkey Sausage Pizza Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Fruit & Vegetable Bar Assorted Fruit Juice Assorted Chilled Fruit Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk 	 Hain Entrees Blueberry Muffin Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Fruit & Vegetable Bar Assorted Fruit Juice Fresh Orange Assorted Chilled Fruit Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk 	 Hain Entrees Frosted Fudge Pop-Tart Cinnamon Toast Crunch Cereal Reduced Sugar Trix Lucky Charms Cocoa Puffs Cereal Low Fat Mozzarella String Cheese Eruit & Vegetable Bar Assorted Fruit Juice Assorted Chilled Fruit Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk

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18

Main Entrees

- Blueberry Muffin **Cinnamon Toast Crunch** Cereal
- **Reduced Sugar Trix**
- Lucky Charms
- Cocoa Puffs Cereal •
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice Assorted Chilled Fruit
- **Milk & Condiments Chocolate Skim Milk**
- 1% Low-fat Milk

25

Main Entrees

- **Chocolate Chip Muffin Cinnamon Toast Crunch**
- Cereal
- **Reduced Sugar Trix**
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

prior to the meal if you have any concerns.

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit
- Milk & Condiments
- Chocolate Skim Milk
- 1% Low-fat Milk

19

- Main Entrees
- **Cinnamon Toast Crunch** Cereal **Reduced Sugar Trix**
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese
- Fruit & Vegetable Bar
- Assorted Fruit Juice
- Fresh Orange
- Assorted Chilled Fruit
- Milk & Condiments
- Chocolate Skim Milk
- 1% Low-fat Milk

26

Main Entrees

Cereal

Cheese

Fresh Orange

Milk & Condiments

1% Low-fat Milk

Mini Cinnis

Cinnamon Toast Crunch

Reduced Sugar Trix

Cocoa Puffs Cereal

Fruit & Vegetable Bar

Assorted Fruit Juice

Assorted Chilled Fruit

Chocolate Skim Milk

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Low Fat Mozzarella String

Lucky Charms

20

- Main Entrees Breakfast Turkey Sausage Pizza
- **Cinnamon Toast Crunch** Cereal
- **Reduced Sugar Trix**
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese
- Fruit & Vegetable Bar
- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments Chocolate Skim Milk

- 1% Low-fat Milk

27

Main Entrees

Breakfast Turkey Sausage Pizza

- **Cinnamon Toast Crunch** Cereal
- **Reduced Sugar Trix**
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit
- Milk & Condiments

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager

- Chocolate Skim Milk
 - 1% Low-fat Milk

Main Entrees

21

- Apple Cinnamon Muffin Cinnamon Toast Crunch Cereal
- **Reduced Sugar Trix**
- Lucky Charms .
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

Assorted Fruit Juice

Fresh Orange

Assorted Chilled Fruit

- **Milk & Condiments**
- Chocolate Skim Milk
- 1% Low-fat Milk

28

Main Entrees

- **Blueberry Muffin** Cinnamon Toast Crunch Cereal
- **Reduced Sugar Trix**
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Fresh Orange
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

Main Entrees

Cheese

29

22

Main Entrees

Cereal

Cheese

Breakfast Rolled Taco

Reduced Sugar Trix

Cocoa Puffs Cereal

Fruit & Vegetable Bar

Milk & Condiments

1% Low-fat Milk

Assorted Fruit Juice

Assorted Chilled Fruit

Chocolate Skim Milk

Lucky Charms

Cinnamon Toast Crunch

Low Fat Mozzarella String

Frosted Fudge Pop-Tart **Cinnamon Toast Crunch** Cereal

Reduced Sugar Trix Lucky Charms

Fruit & Vegetable Bar

Milk & Condiments

• 1% Low-fat Milk

Assorted Fruit Juice

Assorted Chilled Fruit

Chocolate Skim Milk

Cocoa Puffs Cereal

Low Fat Mozzarella String

October 2021

9				Lunch	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
27 Main Entrees • Pancakes • Pork Sausage Patties • Chicken Nuggets • Tuna Salad Sub Sides for All Meals • Baked Apple Slices Fruit & Vegetable Bar • Fresh Carrots • Green Peas • Fresh Orange Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk • Ketchup Packet • BBQ Sauce • Ranch Dressing • Syrup	28 Main Entrees • Soft Beef Whole Grain Taco • Shredded Cheddar Cheese • Shredded Lettuce • Cheese Pizza • Protein Punch Power Pack Fruit & Vegetable Bar • Tossed Salad • Fresh Carrots • Fresh Broccoli Florets • Sliced Fresh Apples • Assorted Chilled Fruit Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk • Mustard Packet • Ranch Dressing • Salsa	29 Main Entrees • Nachos, Cheese, & Salsa Fun Lunch • Turkey Corn Dog • Yogurt & Graham Cracker Fur Lunch Sides for All Meals • Savory Green Beans Fruit & Vegetable Bar • Fresh Carrots • Green Peas • Garbanzo Beans • Fresh Orange • Assorted Chilled Fruit Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk • Ketchup Packet • Mustard Packet • Ranch Dressing		1	
4 Main Entrees • Pancakes • Pork Sausage Patties • Chicken Nuggets • Whole Grain Dinner Roll • Tuna Salad Sub Sides for All Meals • Baked Apple Slices Fruit & Vegetable Bar • Fresh Carrots • Green Peas • Fresh Orange Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk • Ketchup Packet • BBQ Sauce • Ranch Dressing • Syrup	5 Main Entrees • Whole Grain French Toast Sticks • Pork Sausage Patties • Cheese Pizza • Turkey and Cheese Sandwich Sides for All Meals • Baked Apple Slices Fruit & Vegetable Bar • Fresh Carrots • Fresh Broccoli Florets • Fresh Orange Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk • Mayonnaise • Mustard Packet • Ranch Dressing • Syrup	Fruit & Vegetable Bar • Fresh Carrots • Fresh Cauliflower Florets • Garbanzo Beans • Sliced Fresh Apples • Assorted Chilled Fruit Milk & Condiments	 7 Main Entrees Cheese Pizza Chicken Caesar Salad Wrap Muffin, Cheese, & Yogurt Fun Lunch Fruit & Vegetable Bar Fresh Carrots Fresh Broccoli Florets Fresh Orange Assorted Chilled Fruit Milk & Condiments Chocolate Skim Milk 1% Low-fat Milk Ranch Dressing 	8 Main Entrees • Cheese Quesadilla • Crispy Chicken Patty Sandwich • Vanilla Yogurt • Honey Granola Fruit & Vegetable Bar • Fresh Carrots • Fresh Cauliflower Florets • Sliced Fresh Apples • Assorted Chilled Fruit Milk & Condiments • Chocolate Skim Milk • Xetchup Packet • Mayonnaise • Ranch Dressing • Salsa	
11 Main Entrees Whole Grain French Toast Sticks Pork Sausage Patties Chicken Nuggets Whole Grain Dinner Roll Chicken Salad Sub ides for All Meals Baked Apple Slices ruit & Vegetable Bar Fresh Carrots Fresh Broccoli Florets Sliced Fresh Apples filk & Condiments Chocolate Skim Milk 1% Low-fat Milk Ketchup Packet	 Protein Punch Power Pack Fruit & Vegetable Bar Fresh Carrots Green Peas Fresh Orange Assorted Chilled Fruit Milk & Condiments 	Curry Chicken Salad Whole Grain Hamburger Bun Turkey Corn Dog Sides for All Meals Savory Green Beans Fruit & Vegetable Bar Fresh Carrots Fresh Broccoli Florets Garbanzo Beans Sliced Fresh Apples Assorted Chilled Fruit Milk & Condiments	14 Main Entrees • Cheese Pizza • Chicken Caesar Salad Wrap • Muffin, Cheese, & Yogurt Fun Lunch Fruit & Vegetable Bar • Fresh Carrots • Green Peas • Fresh Orange • Assorted Chilled Fruit Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk • Ranch Dressing	15 Main Entrees • Classic American Cheeseburger • Oven Baked Potato Wedges • Vanilla Yogurt • Honey Granola Fruit & Vegetable Bar • Fresh Carrots • Fresh Broccoli Florets • Sliced Fresh Apples • Assorted Chilled Fruit Milk & Condiments • Chocolate Skim Milk • 1% Low-fat Milk • Ketchup Packet • Mustard Packet	

- Ketchup Packet
 BBQ Sauce
 Ranch Dressing
 Syrup

- Ranch Dressing
- Salsa
- Mustard PacketRanch Dressing

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- Mustard Packet
 Ranch Dressing

18

Main Entrees

- Whole Grain French Toast Sticks
- **Pork Sausage Patties** Chicken Nuggets
- **Dinner Roll**
- **Tuna Salad Sub**
- **Sides for All Meals**
- **Baked Apple Slices**
- Fruit & Vegetable Bar
- Fresh Carrots
- Fresh Broccoli Florets
- **Sliced Fresh Apples**
- Assorted Chilled Fruit Milk & Condiments
- **Chocolate Skim Milk**
- 1% Low-fat Milk
- Ketchup Packet
- **BBQ** Sauce
- **Ranch Dressing**
- Syrup

25

Main Entrees

Pancakes

Pork Sausage Patties

- Chicken Nuggets
- Whole Grain Dinner Roll
- Tuna Salad Sub
- Sides for All Meals

Baked Apple Slices

- Fruit & Vegetable Bar
- Fresh Carrots
- Green Peas
- Fresh Orange
- **Milk & Condiments**
- Chocolate Skim Milk

prior to the meal if you have any concerns.

- 1% Low-fat Milk
- **Ketchup Packet**
- **BBQ** Sauce
- **Ranch Dressing**
- Syrup

19

Main Entrees

- Soft Beef Taco
- Shredded Cheddar Cheese
- Shredded Lettuce Cheese Pizza
- Turkey and Cheese Sandwich
- Fruit & Vegetable Bar
- **Tossed Salad**
- **Fresh Carrots**
- **Green Peas**
- **Fresh Orange**
- Assorted Chilled Fruit **Milk & Condiments**
- Chocolate Skim Milk
- 1% Low-fat Milk
- Mayonnaise
- **Mustard Packet**
- **Ranch Dressing**
- Salsa

26

20

Main Entrees

- Orange Chicken Stir Fry
- **Brown Rice**
- Turkey Corn Dog
- Yogurt & Graham Cracker Fun
- Lunch
- Fruit & Vegetable Bar
- Fresh Carrots **Fresh Broccoli Florets**
- .
- Garbanzo Beans
- **Sliced Fresh Apples** Assorted Chilled Fruit
- **Milk & Condiments**
- Chocolate Skim Milk
- 1% Low-fat Milk
- **Ketchup Packet**
- **Mustard Packet** .
- **Ranch Dressing**

27

Main Entrees

Lunch

Lunch

Turkey Corn Dog

Savory Green Beans

Fruit & Vegetable Bar

Garbanzo Beans

Assorted Chilled Fruit

Chocolate Skim Milk

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Sides for All Meals

Fresh Carrots

Fresh Orange

Milk & Condiments

1% Low-fat Milk

Ketchup Packet

Mustard Packet

Ranch Dressing

Green Peas

Nachos, Cheese, & Salsa Fun •

Yogurt & Graham Cracker Fun

Main Entrees

21

- **Cheese Pizza**
- Chicken Caesar Salad Wrap
- Muffin, Cheese, & Yogurt Fun .
- Lunch Fruit & Vegetable Bar

Tossed Salad

- **Fresh Carrots**
- **Green Peas**
- Fresh Orange
- Assorted Chilled Fruit
- Milk & Condiments
- **Chocolate Skim Milk**
- 1% Low-fat Milk

28

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Main Entrees

Lunch

Cheese Pizza

Fruit & Vegetable Bar

Fresh Broccoli Florets

Assorted Chilled Fruit

Chocolate Skim Milk

Fresh Carrots

Fresh Orange

Milk & Condiments

1% Low-fat Milk

Ranch Dressing

Chicken Caesar Salad Wrap

Muffin, Cheese, & Yogurt Fun

- **Ranch Dressing**
- **Ketchup Packet**

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Mayonnaise

29

Main Entrees

Sandwich

Vanilla Yogurt

Honey Granola

Fresh Carrots

Milk & Condiments

1% Low-fat Milk

Ketchup Packet

Ranch Dressing

Mayonnaise

Salsa

Fruit & Vegetable Bar

Sliced Fresh Apples

Assorted Chilled Fruit

Chocolate Skim Milk

Fresh Cauliflower Florets

Cheese Quesadilla

Crispy Chicken Patty

22

Main Entrees

Classic American Cheeseburger

Vanilla Yogurt

Honey Granola

Fresh Carrots

Milk & Condiments

1% Low-fat Milk

Fruit & Vegetable Bar

Fresh Broccoli Florets

Assorted Chilled Fruit

Chocolate Skim Milk

Sliced Fresh Apples

Oven Baked Potato Wedges

- **Mustard Packet**
- Ranch Dressing

- **Main Entrees**
- Soft Beef Whole Grain Taco Shredded Cheddar Cheese

Protein Punch Power Pack

Fresh Broccoli Florets

Assorted Chilled Fruit

Chocolate Skim Milk

Sliced Fresh Apples

Shredded Lettuce

Fruit & Vegetable Bar

Cheese Pizza

Tossed Salad

Fresh Carrots

Milk & Condiments

1% Low-fat Milk

Mustard Packet

Ranch Dressing

Salsa