

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 atholelementaryPTU@gmail.com 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



Ph: 208-683-2231

Fax: 208-683-7064

kthomas@lakeland272.org

christina.fromm@lakeland272.org

heather.hamilton@lakeland272.org

MONDAY

27

Main Entrees

- Blueberry Bagel
- Light Cream Cheese
- 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

TUESDAY

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

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

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

THURSDAY

30

FRIDAY

1

4

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

5

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

6

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

7

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

8

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 Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

11

Main Entrees

- Chocolate Chip 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

12

Main Entrees

- Mini Cinnis
- 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

13

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

14

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

15

Main Entrees

- Frosted Fudge Pop-Tart
- 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

18 Main Entrees <ul style="list-style-type: none"> • Blueberry Muffin • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	19 Main Entrees <ul style="list-style-type: none"> • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Fresh Orange • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	20 Main Entrees <ul style="list-style-type: none"> • Breakfast Turkey Sausage Pizza • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	21 Main Entrees <ul style="list-style-type: none"> • Apple Cinnamon Muffin • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Fresh Orange • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	22 Main Entrees <ul style="list-style-type: none"> • Breakfast Rolled Taco • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk
25 Main Entrees <ul style="list-style-type: none"> • Chocolate Chip Muffin • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	26 Main Entrees <ul style="list-style-type: none"> • Mini Cinnis • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Fresh Orange • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	27 Main Entrees <ul style="list-style-type: none"> • Breakfast Turkey Sausage Pizza • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	28 Main Entrees <ul style="list-style-type: none"> • Blueberry Muffin • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Fresh Orange • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk 	29 Main Entrees <ul style="list-style-type: none"> • Frosted Fudge Pop-Tart • Cinnamon Toast Crunch Cereal • Reduced Sugar Trix • Lucky Charms • Cocoa Puffs Cereal • Low Fat Mozzarella String Cheese Fruit & Vegetable Bar <ul style="list-style-type: none"> • Assorted Fruit Juice • Assorted Chilled Fruit Milk & Condiments <ul style="list-style-type: none"> • Chocolate Skim Milk • 1% Low-fat Milk



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 prior to the meal if you have any concerns.

MONDAY

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

TUESDAY

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

WEDNESDAY

29

Main Entrees

- Nachos, Cheese, & Salsa Fun Lunch
- Turkey Corn Dog
- Yogurt & Graham Cracker Fun 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

THURSDAY

30

FRIDAY

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

6

Main Entrees

- Orange Chicken Stir Fry
- Brown Rice
- Turkey Corn Dog
- Yogurt & Graham Cracker Fun Lunch

Fruit & Vegetable Bar

- Fresh Carrots
- Fresh Cauliflower Florets
- Garbanzo Beans
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Mustard Packet
- Ranch Dressing

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
- 1% Low-fat Milk
- Ketchup 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

Sides for All Meals

- Baked Apple Slices

Fruit & Vegetable Bar

- Fresh Carrots
- Fresh Broccoli Florets
- Sliced Fresh Apples

Milk & Condiments

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

12

Main Entrees

- Soft Beef Whole Grain Taco
- Shredded Cheddar Cheese
- Shredded Lettuce
- Cheese Pizza
- Protein Punch Power Pack

Fruit & Vegetable Bar

- Fresh Carrots
- Green Peas
- Fresh Orange
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Mayonnaise
- Mustard Packet
- Ranch Dressing
- Salsa

13

Main Entrees

- 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

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Mustard Packet
- Ranch Dressing

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
- Mayonnaise
- 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

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

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

21**Main Entrees**

- 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
- Ranch Dressing

22**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
- Mayonnaise
- Mustard Packet
- Ranch Dressing

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

26**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

27**Main Entrees**

- Nachos, Cheese, & Salsa Fun Lunch
- Turkey Corn Dog
- Yogurt & Graham Cracker Fun 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

28**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

29**Main Entrees**

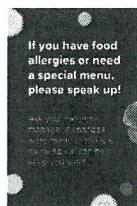
- Cheese Quesadilla
- Crispy Chicken Patty Sandwich
- Vanilla Yogurt
- Honey Granola

Fruit & Vegetable Bar

- Fresh Carrots
- Fresh Cauliflower Florets
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Mayonnaise
- Ranch Dressing
- Salsa



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 prior to the meal if you have any concerns.