

# May

## Shadeville Elementary School

5/01/2023

### A Message from Admin

We cannot believe that we are in the last month of school already! We are so proud of how hard our students have worked this year and we are excited to celebrate their accomplishments. Grades 3rd - 5th will have award ceremonies in the cafeteria. Please be on the look out for more information from your student's teacher

Mr. Wheeler, Principal  
Mrs. Rodgers, Asst. Principal

### Upcoming

May 19th: Fifth Grade Field Trip  
May 25th: Early Release Day @  
1:25 pm  
May 26th: Fifth grade graduation  
May 26th: Early Release Day @  
1:25 pm/Last Day of School!!

### Reminders

Parents- There are only 4 weeks of school left before we are out for summer break. Please remember to pick up your child's medications by the end of the school year. All medicines need to be picked up by a parent by May 26th at 12:00pm. Thanks!

### FAST TESTING

#### Spring 2023 Testing Information

Tuesday, May 2nd: 3rd grade ELA

Wednesday, May 3rd: 4th grade ELA

Thursday, May 4th: 5th grade ELA

Tuesday, May 9th: 5th grade Math

Wednesday, May 10th: 5th grade Science Session 1

4th grade Math

Thursday, May 11th: 5th grade Science Session 2

3rd grade Math

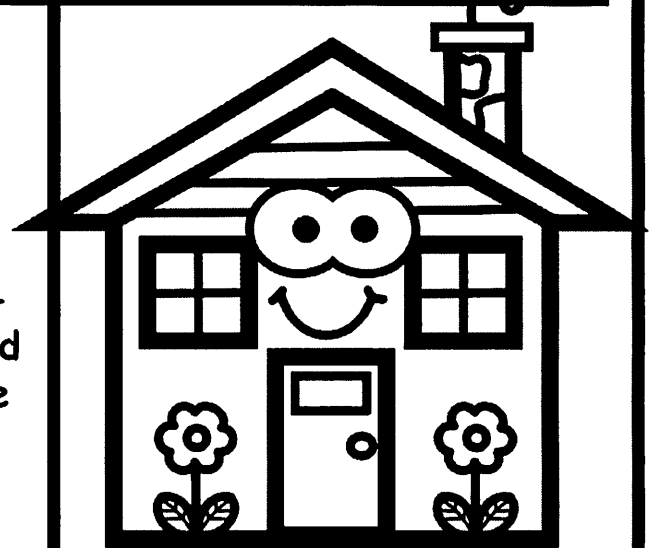
If your child is absent on the scheduled testing date, we will provide a makeup session for them on the next possible school day. Please call Ms. Rodgers with any questions.



# HOME Connection

## We Are A Title One School!

Summer AR Testing! Shadeville, and all Wakulla County Schools, are open for Accelerated Reading testing throughout the summer. All students are allowed to test at any school campus. Shadeville will have AR testing from 8:30-3:30 Monday-Thursday. While AR points are not carried into the new school year, all words will be added to student word counts. Get an early jump on becoming a Million Word Reader!



Is your child missing a jacket or sweater? Please stop by the cafeteria to see if is in lost and found. All unclaimed items will be donated at the end of the school year.

The School Board of Wakulla County, Florida does not discriminate in admission or access to, or treatment or employment in, its programs and activities on the basis of race, color, religion, age, sex, national origin, marital status, disability, genetic information for applicants and employees, or any other reason prohibited by Federal and State law regarding non-discrimination. See 34 C.F.R. 100.6(d); 34 C.F.R. 106.9; 34 C.F.R. 110.25.

The designated Equity Coordinator, Title IX and Section 504 Compliance Coordinator as required by 34 C.F.R. 100.6(d) is Lori Sandgren, Executive Director of Human Resources, 69 Arran Road, Crawfordville, Florida 32327; (850)926-0065; [lori.sandgren@wcsb.us](mailto:lori.sandgren@wcsb.us).

## Happy Retirement!

We would like to congratulate Ms. Ward on her retirement! Ms. Ward has worked at Shadeville Elementary school for 30 years! She started in the kitchen, next was a parapro and then earned her teaching degree before becoming a Kindergarten teacher. She has taught and touched hundreds of student's lives and she will be missed! We hope she enjoys her time at home with her family and grandchildren. Best wishes!

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

**ENTREE SELECTIONS:**  
Chicken Alfredo Mac w/ Ripstick  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Steamed Corn  
Kidney Beans  
Fruit & Milk Choice

2

**ENTREE SELECTIONS:**  
Glazed Chicken Drumstick w/  
Dinner Rolls  
Chicken Caesar Salad w/ Dinner Rolls  
**SIDES:**  
Steamed Broccoli  
Basil Corn Salad  
Fruit & Milk Choice

3

**ENTREE SELECTIONS:**  
Baked Penne Pasta w/ Ripstick  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Baby Carrots  
Potato Wedges  
Fruit & Milk Choice

4

**ENTREE SELECTIONS:**  
Crispy Popcorn Chicken w/ Ripstick  
Fruit & Yo-To-Go Box  
**SIDES:**  
Baked Beans  
Apple Glazed Baby Carrots  
Fruit & Milk Choice

5

**ENTREE SELECTIONS:**  
Hot Baked Pizza  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Country Green Beans  
Celery Sticks  
Fruit & Milk Choice

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

8

**ENTREE SELECTIONS:**  
Savory Cheeseburger  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Roasted Broccoli  
Kidney Beans  
Fresh Fruit & Milk Choice

9

**ENTREE SELECTIONS:**  
Soft Taco  
Chef Salad w/ Dinner Rolls  
**SIDES:**  
Refried Beans  
Fresh Broccoli Florets  
Fruit & Milk Choice

10

**ENTREE SELECTIONS:**  
Popcorn Chicken Bowl  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Mashed Potatoes  
Baby Carrots  
Fruit & Milk Choice

11

**ENTREE SELECTIONS:**  
Crispy Chicken Sandwich  
Fruit & Yogurt Parfait  
**SIDES:**  
Seasoned Carrots  
Chilled Corn  
Fruit & Milk Choice

12

**ENTREE SELECTIONS:**  
Hot Baked Pizza  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Country Green Beans  
Celery Sticks  
Fruit & Milk Choice

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

15

**ENTREE SELECTIONS:**  
Cheesy Quesadilla  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Citrus Glazed Carrots  
Kidney Beans  
Fruit & Milk Choice

16

**ENTREE SELECTIONS:**  
Hot Ham & Cheese Sandwich  
Mini- Bento Box  
**SIDES:**  
Tater Tots  
Fresh Broccoli Florets  
Fruit & Milk Choice

17

**ENTREE SELECTIONS:**  
Bean & Cheese Nachos  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Southwest Black Beans  
Baby Carrots  
Fruit & Milk Choice

18

**ENTREE SELECTIONS:**  
Crispy Chicken Nuggets w/ Ripstick  
American Style Sandwich  
**SIDES:**  
Roasted Green Beans  
Chilled Corn  
Fruit & Milk Choice

19

**ENTREE SELECTIONS:**  
Hot Baked Pizza  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Mixed Vegetables  
Celery Sticks  
Fruit & Milk Choice

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

22

**ENTREE SELECTIONS:**  
Crispy Chicken Nuggets w/ Ripstick  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Steamed Broccoli  
Kidney Beans  
Fruit & Milk Choice

23

**ENTREE SELECTIONS:**  
Cheesy Quesadilla  
Fruit & Yo-To-Go Box  
**SIDES:**  
Baked Beans  
Fresh Broccoli Florets  
Fruit & Milk Choice

24

**ENTREE SELECTIONS:**  
Orange Chicken Rice Bowl  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Sweet Potato Fries  
Baby Carrots  
Fruit & Milk Choice

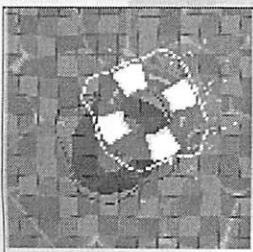
25

**ENTREE SELECTIONS:**  
Crispy Chicken Sandwich  
Mini- Bento Box  
**SIDES:**  
Tater Tot Hash  
Apple Glazed Baby Carrots  
Fruit & Milk Choice

26

**ENTREE SELECTIONS:**  
Hot Baked Pizza  
Uncrustable PB&J w/ Cheese Stick  
**SIDES:**  
Roasted Green Beans  
Celery Sticks  
Fruit & Milk Choice

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk



30

**MAY IS FOOD ALLERGY AWARENESS MONTH.**



Have a Great Summer Break!



## Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy:** Choose low-fat or fat-free dairy foods most often.

- **Protein:** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet, it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important to brush your teeth after eating any kind of food. At a minimum, you should brush your teeth morning and night and be sure to see a dentist every six months.



Sodexo is committed to ensuring healthy, nutritious and delicious meals for all.

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### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini French Toast FRUIT CHOICE MILK CHOICE	Hashbrown Casserole FRUIT CHOICE MILK CHOICE	Crispy Chicken Biscuit FRUIT CHOICE MILK CHOICE	Sausage Biscuit FRUIT CHOICE MILK CHOICE	Breakfast Biscuit Sandwich FRUIT CHOICE MILK CHOICE
Mini Pancake Bites FRUIT CHOICE MILK CHOICE	Breakfast Pizza FRUIT CHOICE MILK CHOICE	Cheesy Omelet w/ Baked Biscuit FRUIT CHOICE MILK CHOICE	Mini Cinnis FRUIT CHOICE MILK CHOICE	Sausage Biscuit FRUIT CHOICE MILK CHOICE
French Toast Sticks FRUIT CHOICE MILK CHOICE	Scrambled Eggs & Toast FRUIT CHOICE MILK CHOICE	Chicken Biscuit FRUIT CHOICE MILK CHOICE	Breakfast on a Stick FRUIT CHOICE MILK CHOICE	Sausage Biscuit FRUIT CHOICE MILK CHOICE
Mini Cinnis FRUIT CHOICE MILK CHOICE	French Toast Bites FRUIT CHOICE MILK CHOICE	Donut Breakfast Sandwich FRUIT CHOICE MILK CHOICE	Sausage Biscuit FRUIT CHOICE MILK CHOICE	Breakfast Biscuit Sandwich FRUIT CHOICE MILK CHOICE

### Fresh Pick Recipe

#### AVOCADO TOMATO SALAD (SERVES 4)

- 1/3 cup and 1 Tbsp avocados (cubes)
- 1 Tbsp and 1 3/4 tsp lime juice
- 1 1/2 cups and 1 1/2 Tbsp peeled cucumber (chopped)
- 1 1/2 cups and 1 1/2 Tbsp red tomato (chopped)
- 2 3/8 tsp cilantro
- 2 3/8 tsp parsley (chopped)
- 1/8 tsp salt
- 1/8 tsp black pepper
- 3 Tbsp and 5/8 tsp Italian salad dressing

1. Cut avocado in half. Remove seed with chef knife and peel with teaspoon. Dice. Toss with lime juice to prevent browning.
2. Peel and dice cucumber 1/4".
3. Dice tomato 1/4".
4. Wash cilantro and parsley and pat dry. Pull leaves off the stem and roughly chop.
5. Combine cucumber, tomato, cilantro, salt and pepper with dressing in a large non-reactive bowl.
6. Allow at least 30 minutes for the flavors to meld.
7. Before serving, gently mix in avocados and garnish with parsley.

\*Menu is subject to change based on availability.

Nutrition information is available upon request.

**sodexo**