



# EAGLE EXPRESS

SCHOOL WEEKLY NEWSLETTER

Phone:  
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[http://  
www.erving](http://www.erving)

HAPPY NEW YEAR!

ERVING, MA

JANUARY 3<sup>rd</sup>, 2020



**Tuesday, January 7<sup>th</sup>**  
6:00 pm PTO Meeting

**Friday, January 10<sup>th</sup>**  
End of First Semester  
Report Cards

**Sunday, January 12<sup>th</sup>**  
CNC Playgroup  
10-11:30 am

**Wednesday, January 15<sup>th</sup>**  
Savings makes "Cents"

**Thursday, January 16<sup>th</sup>**  
All School Sing  
2:30 pm in the Gym

**Friday, January 17<sup>th</sup>**  
Math Coffee Hour  
8:30-9:30 am

**Monday, January 20<sup>th</sup>**  
No School  
Martin Luther King Day

**Tuesday, January 21<sup>st</sup>**  
School Committee  
7:00 pm

**Wednesday, January 22<sup>nd</sup>**  
Secret of Parenting  
5:30-7:00



Welcome back EES students and friends!

We are excited to ring in 2020, and welcome back our friends from their Winter Break! We look forward to the year ahead, with new challenges and surprises!



**Monday  
January 20<sup>th</sup>**

**No School**

**In observation of  
Martin Luther  
King Day**



## **Northampton Area Pediatrics Parenting Workshop**

**Navigating the Care of your Medically Complex Child  
and Finding the Supports you Need**  
with Alana Kaczmarek, CPNP

Come gather with other parents of medically complex children as we discuss the challenges of care coordination. We will particularly focus on points of transition in your child's life including moving from early intervention into your local school system and from pediatric to adult care. This will be a chance to meet our care coordinators and to connect with other parents as we talk about accessing resources and supports to help navigate caring for a child with special health care needs.

**Sunday, January 26<sup>th</sup>  
4pm to 5:30pm  
193 Locust St., Northampton**

Childcare will be provided at this workshop. Please RSVP for the workshop and childcare. Call us at 413-584-8700 or email [contactus@napeds.com](mailto:contactus@napeds.com)

Parenting workshops are open to the community and free of charge.

# January - Breakfast 2020

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	
Assorted cereal, fruit & milk	Holiday Recess	Holiday Recess	Holiday Recess	Assorted cereal, yogurt, diced peaches & milk 2	Pumpkin bread, mandarin oranges & milk 3	
	Assorted cereal, cheese stick, banana & milk 6	Waffles, real maple syrup, pineapple & milk 7	Turkey sausage, egg & cheese on an English muffin, diced pears & milk 8	Assorted cereal, yogurt, diced peaches & milk 9	WG Blueberry muffin, mandarin oranges & milk 10	
	Assorted cereal, cheese stick, banana & milk 13	Pancakes, real maple syrup, pineapple & milk 14	Bagel w/cream cheese, diced pears & milk 15	Assorted cereal, yogurt, diced peaches & milk 16	WG chocolate chip muffin, mandarin oranges & milk 17	
	Martin Luther King Jr. Day NO SCHOOL 20	French toast sticks, real maple syrup, pineapple & milk 21	English muffin w/butter, cheese stick, diced pears & milk 22	Assorted cereal, yogurt, diced peaches & milk 23	WG apple squares, mandarin oranges & milk 24	
	Assorted cereal, cheese stick, banana & milk 27	Waffles, real maple syrup, pineapple & milk 28	Egg & cheese on a bagel, diced pears & milk 29	Assorted cereal, yogurt, diced peaches & milk 30	WG banana muffin, mandarin oranges & milk 31	

Breakfast is served with a choice of 1% or skim milk. Water is available during meal times, but must be taken in addition to the milk. Muffins & breakfast breads are made with a blend of whole grain & white flour.

According to the Food Research and Action Center students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness. Students who eat breakfast also show greater improvements in math scores, attendance, punctuality, depression, anxiety and hyperactivity than children who don't participate in a school breakfast program.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# January - Lunch 2020

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday	
Tomato soup, cottage cheese, crackers, breadstick, fruit & veg of day & milk	Holiday Recess	Holiday Recess	Holiday Recess <sup>1</sup>	<del>Ham &amp; cheese bagel melt, corn, mandarin oranges &amp; milk <sup>2</sup></del>	<del>Cheese or pepperoni pizza, wax green beans, fresh fruit &amp; milk <sup>3</sup></del>	
Egg salad sandwich, fruit & veg of the day & milk	<sup>6</sup> Chicken nuggets, long grain rice, steamed broccoli, sliced peaches & milk	<sup>7</sup> Cheese quesadilla w/sour cream & salsa, seasoned black beans, pineapple & milk	<sup>8</sup> Garlic breadsticks w/marinara sauce, carrot coins, yogurt, diced pears & milk	<sup>9</sup> Shepherds pie, garlic knots, mandarin oranges & milk	<sup>10</sup> HM cheese or pepperoni pizza, wax beans, fresh fruit & milk	
Chicken salad sandwich, fruit & veg of the day & milk	<sup>13</sup> Turkey, cheese & bacon wrap, steamed broccoli, sliced peaches & milk	<sup>14</sup> Nachos w/ground beef & cheese, corn & black bean salad, pineapple & milk	<sup>15</sup> Hamb/cheeseburger on a wg roll, sweet potato fries, diced pears & milk	<sup>16</sup> Tuna boat, oven fries, mandarin oranges & milk	<sup>17</sup> HM French bread pizza, green beans, fresh fruit & milk	
Ham & cheese sandwich, fruit & veg of the day & milk	<sup>20</sup> Martin Luther King Jr. Day. NO SCHOOL	<sup>21</sup> Soft beef taco w/ cheese, salsa, sour cream, three bean salad, pineapple & milk	<sup>22</sup> Pasta w/meat sauce, sliced carrots, diced pears & milk	<sup>23</sup> Chicken patty on a wg roll, oven fries, mandarin oranges & milk	<sup>24</sup> HM cheese or pepperoni pizza, wax beans, fresh fruit & milk	
Turkey & cheese sandwich, fruit & veg of the day & milk	<sup>27</sup> Chicken filet on a wg roll, steamed broccoli, sliced peaches & milk	<sup>28</sup> Chicken fajita w/sour cream, salsa, cheese, corn & black bean salad, pineapple & milk	<sup>29</sup> Toasted cheese sandwich, tomato soup, diced pears & milk	<sup>30</sup> Salisbury steak, mashed potato, dinner roll, mandarin oranges & milk	<sup>31</sup> English muffin pizza, green beans, fresh fruit & milk	

All sandwiches are made using whole grain bread, salad is served with a whole grain breadstick & whole grain croutons. Each meal is served with a choice of 1% white, skim, 1% choc or fat free strawberry milk. Water is available during meal, but must be taken in addition to milk. All meals are subject to change without notice. All salads are served with a protein such as yogurt, meat/meat alternative, cheese or egg. Salad is made with romaine lettuce. \$.50 for milk w/home lunch

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\*WG = whole grain  
 \*WW = whole wheat  
 \*HM = homemade