



IRISH PRIDE PRESS

February 2025 Newsletter

View newsletters at www.freedomschools.k12.wi.us

Important dates:

- Feb. 12
4K-Grade 5
Parent/Teacher
Conferences
3:30-6:30
- Feb. 12
Title VI Info Meeting
5:00pm
- Feb. 13
Early Dismissal 12:15
Staff Inservice
No 4K class
- Feb. 14
No School
Conference Break
- Feb. 17
No School
Staff Inservice
- Feb. 28
4K & **new** Kind.
Registration

Interactive Lunch Menu

Link

<https://www.myschoolmenus.com/organizations/2787>

Students may **ONLY**
bring prepackaged
items for birthday treats.

We are a **NUT
FREE** School. **NO**
Homemade or
Store/Bakery
Bought Goods
(unless there is a
"Made in a nut-free
facility" sticker)



Principal's Corner

It is hard to believe that the second semester is already in full swing! As we move forward, I want to take a moment to reflect on the incredible achievements our students have made throughout the first semester. They have worked hard, and we have seen significant growth in both academic and personal development.

Student report cards are now available for you to view through Skyward. Please take a moment to review your child's progress. Additionally, we have completed the first round of reading assessments and reading plans for the winter cycle. We are excited to continue building on this progress as the year goes on. As you may know, we are navigating new state mandates under ACT 20. We appreciate your patience and support as we adjust to these requirements. If you have any questions or concerns about these changes, please don't hesitate to reach out to your child's teacher for clarification. We cannot overstate the importance of reading at home. Please continue to read with your child or encourage them to read independently each night. Reading is a cornerstone of learning, and your partnership in this effort makes a huge difference in your child's growth.

Please take a moment to review the information and school calendar included in this newsletter. We have some exciting events coming up, and we are thrilled to continue working together to support your child's education.

Parent/Teacher Conferences

Parent/Teacher conferences are scheduled for Wednesday, February 12 from 3:30-6:30 pm. These conferences are by teacher invitation first and then are open to anyone else that would like a conference. These are 10 minute conferences that will be scheduled through the Skyward on-line Student Management Program for grades 4K-5. Each family will have to schedule their own conferences, if they would like one, for each child through Skyward. If you have more than one child at Freedom Elementary School, each child will have to be scheduled separately. The Skyward window will be open from February 4-11. Please watch for a teacher invitation or the reminder email notifying you when the window opens for everyone. Parents will receive information on how to obtain their Student Access account on Monday, February 3. If you do not have computer access, please call your child's teacher at 920-788-7950 to schedule.

FES Family Math Night

Come join us with your child to learn about the activities and processes we have been using this year with our new math resource Bridges. Families can stop in any time between 5:30pm to 7:00pm in the cafeteria on the following dates: **4Kindergarten to 2nd grades-** Thursday, February 20th
3rd to 5th grades- Tuesday, February 25th

If you plan to attend, please [complete this rsvp](#).



Dress for the Weather

Dress for the weather! Students will be outside when the weather is zero or above with the wind chill. Students need to have coats, hats, gloves, scarves, boots, and snow pants. Just a reminder, students need boots and snowpants to play when it's wet or snowy. It is a good idea to label your child's clothing. We have many "lost and found" items in our containers by the cafeteria.

School-wide One School, One Book March 2025

This year we will be reading Fenway and Hattie by Victoria Coe during the month of March. Each family will receive a book as we read about the adventures of Fenway and his short human Hattie. Chapters will be read aloud by teachers and staff and shared out with families weekly. We are excited to start this next month!



Fang's Reading Club

Fang's Reading Program is already underway! It will run for 8 weeks starting January 20th, ending March 14th. Every two weeks, a base is due, and like last year, there will be no individual base prizes, rather a grand slam prize that students pick up at the ballpark when they attend the family night game on Thursday, May 15th. Teachers have sent information home in January, and tickets can be purchased when the program has been completed. Also, this year, 20% of tickets sold will come back to FES! We hope you take part in this fun opportunity to grow your child's reading skills!

Base due dates:

1st base: January 31st

2nd base: February 13th (no school Friday the 14th)

3rd base: February 28th

Home Run: March 14th

To help kick off our Timber Rattler Reading program, Fang will be here during lunch hours to greet/high five students by the cafeteria on **Tuesday, February 18.**

The Timber Rattlers Reading Committee



Art Fundraiser

Families may have their students' art work printed on a variety of products to help raise money for the Art Program. Information will be sent home in March or early April.

Forward Exam

Each year, federal law requires that Wisconsin schools administer a test to measure student achievement. In Wisconsin, that test is the Forward Exam which is given each spring to students in 3rd, 4th and 5th grade. We will once again be required to assess students sometime between March 17 to April 25. Students will need to be present in school to complete testing. Grade level specific dates will be shared prior to the testing window.

*If you prefer your child to not test this school year, please contact Mrs. Lipsey or Mrs. Osowski.

Food Service Angel Fund

Are you looking for ways to help in your school community? Consider donating to Freedom School's Foodservice Angel Fund!

The School Lunch Angel Fund seeks to provide short-term assistance to families in need by covering negative lunch account balances.

It's easy to do. You can send or drop-off your donation to the District Office or any school office. Make checks payable to Freedom Area School District and in the Memo write Angel Fund. If you have any questions please contact Logan Wilson, Director of Dining Services, at Lwilson@freedomschools.k12.wi.us

Our School Breakfast Rocks!

Our school breakfasts are nutritious and delicious!

School breakfasts provide students with the fuel they need to do their best in school. The meals always include fruits or vegetables, whole grains, and dairy. For more information on our school breakfast program, go to [our Online Interactive Menu](#).

Summer School

Summer School will run Monday, June 9 – Friday, June 27, 2025 Monday through Friday from 8:00am until 12:00pm. Registration will begin on March 20 and end on April 11. Fees are due April 18, 2025.

From Ms. Vanderloop in the Music Room

Hello FES families!!

Code for Music Class Website

Scan the QR code below to access information regarding your child's experience in the music room as well as information about the upcoming concert:)



Our Spring Concert featuring our 3rd, 4th, and 5th grade musicians will take place on March 18th at 6 pm in the fieldhouse at Freedom High School**

Whatever your families' goals may be for 2025, know that your child and your family can't help but grow and grow together by sharing music. Check out these articles to learn more:

Emotional development:

Music can help children learn to recognize and regulate their emotions, build self-esteem, and develop empathy. [Link to article](#)

Bonding:

Music can help parents and children bond through coordination, empathy, and shared experiences. [Link to article](#)

Welcome Ms. Megan Steffens-new ELL Teacher

Welcome to Megan Steffens. She is FES's English Language Learner (ELL) Teacher and FMS's Gifted and Talented (GT) Teacher!

She grew up not too far from Freedom—in Seymour, WI, and attended college at UW-Stevens Point. She double majored in Elementary Education and Spanish Language & Literature, with a minor in Teaching English as a Second Language. During college, she met wonderful people and studied abroad in Valladolid, Spain for a semester, where she discovered her love for travel. In her free time, you'll most likely find her at a coffee shop, chatting with friends, or planning her next trip.



Reading, writing, speaking, and listening are key components in helping students develop their identities as learners and people. All language is valuable, and she aims to support students in embracing who they are while developing their ability to express their ideas and thoughts. I'm excited to work with all of you to make the world a kinder and better place together!

Teacher of the Year

Congratulations to **Mrs. Kelly Thews** on being named our **VFW Teacher of the Year**! Mrs. Thews has won local and district honors thus far. The VFW submitted her nomination materials for State Recognition.



Fox Valley Excellence in Education Shining Stars

Congratulations to **Ms. Tracy Larson**, **Ms. Penny Kurkiewicz** and **Ms. Sarah Heezen** (FHS) as they were honored to be selected in the Fox Valley Excellence in Education in the top ten. They will be honored at the Butte des Morts Country Club. FASD had three finalists in the top ten!

Congratulations to all the nominated teachers in the District for the Fox Valley Excellence in Education: Sue Rudolph, Kylie Hayes, Crystal Wall, Todd Riesterer, Sarah Johnson, Megan Rady, Andrea Anderson, Nicole Van Handel, Amanda Susek, Nicole Thiel, Maria Bichler, Jennifer Tietz, Sara Culotta, Jennifer Wilson, Jenny Daul, Elizabeth Thomas, Linda Braun, Rick Menting, Ashley Scheibe, Christina Presteen, Katie Wichman, Korri Kersten, Kate Jakl, Tony Kazik, Jonathan Awe and Jill Verhagen.



PAC (Parent Activity Committee) News

NEW YEAR, NEW GEAR SPIRIT WEAR

The PAC's Spirit Wear Sale - New Year, New Gear has officially launched. Thank you to Kenny Rose Boutique for working with the PAC again. This year, we are offering a number of different items including t-shirts, tank tops, long sleeve shirts, shorts, pants, sweatshirts, hoodies, jackets, hats, bags and blankets in different logos including the 5th Grade Design Winner -Congrats again Tessa!

ORDER TODAY - <https://shorturl.at/cvrvR>

PARENT/TEACHER CONFERENCES

The PAC will be catering in food from Erberts & Gerbert's for Parent/Teacher Conferences on Wednesday, February 12th but need your help bringing in items for this long night. Please click on the link and see if you can help with a few items! <https://shorturl.at/NFxfS>

BRAIN BOWL

THANK YOU to everyone who supported the PAC's Brain Bowl! We raised over \$2,000 for this fundraiser! Also, THANK YOU to all students who participated in this fun learning event. The PAC will be providing a special prize to the class with the highest percentage of participation and the winner is... Mr. McManus class!

WINTER WONDERLAND SNOW BALL

Thank you to families who bundled up and came to the dance on Friday, January 24th – it was SNOW much fun!

SHOUT OUTS

Thank you for sending in Shout Outs! The staff loves to hear the positive comments. There is no limit to the amount you can send in. Please use the following link - <https://shorturl.at/MiCBE> to send a Shout Out to a staff member that is doing an amazing job. We will hold a raffle quarterly for members that receive them. *Congrats to our 2nd Quarter Winners... Ms. Garvey – Library, Ms. Anderson – Kindergarten, Mr. McManus – 2nd Grade, Mr. Riesterer – 3rd Grade*

STOCK THE LOUNGE – Third Grade

For the month February, we are asking all 3rd grade parents to please consider dropping off snacks/drinks to help us stock the lounge for FES staff. Each month we ask a different grade to help with this. Just a reminder that snacks need to be "nut free". We hope to get a mixture of healthy and sweet/salty treats. Ideas for drinks: flavor or carbonated water, Bubbl'r', soda, etc. Thank you to all parents who helped us stock the lounge this school year! The FES Staff really enjoyed all the snacks and drinks you provided!

BUZZ'S PAC NIGHT

Did you know, on the 3rd Monday of each month is PAC night at Buzz's. On these nights, head to Buzz's with the family for a great meal and they will donate a portion of food sales to the PAC.

NEXT MEETING

Our next meeting is scheduled for Monday, February 17th at 5:30 PM in the FES Staff Lounge. Babysitting will be provided by National Honor Students.

WE'RE SOCIAL!

"Like" us on Facebook at Freedom Elementary P.A.C. (Parent Activity Committee)!



FES is a Schoolwide Title School

What does this mean? It means that at FES we expect students to have high levels of achievement. We have professionally trained educators and paraprofessional staff along with resources to give additional support to those most in need. We regularly monitor student growth and create and implement plans to support student improvement.

TITLE I COMPACT

Freedom Elementary School recognizes that student achievement is best promoted through a strong home and school partnership. A team approach is critical in guaranteeing academic success for all students. The school district's Title I program, in partnership with students, teachers, and principals, parents, and families, asks for your commitment to the goals outlined below.

- Please note this was signed when online registration was completed for your child.

Student Goal:

- I will attend school regularly and be on time.
- I will do my best in class and on my school work.
- I will ask for help when I don't understand something.
- I will come prepared each day (supplies, books, completed work).
- I will keep a positive attitude towards self, others, school and learning.
- I will discuss with my parents what I am learning about in school.
- I will read frequently at home.
- I will practice being a responsible digital citizen when using technology.

Parent Goal:

- I will ensure that my child attends school regularly and is on time.
- I will provide enough time and an environment at home that allows my child to complete school work and/or study at home.
- I will encourage my child to do his/her best work.
- I will be aware of my child's progress by attending conferences and requested meetings, monitoring homework, checking schoolwork and communicating with school staff.
- I will reinforce to my child the importance of respect for self and others when face to face with peers or when online.

Teacher/School Goal:

- I will be a positive role model.
- I will provide a positive learning environment that builds self-esteem and academic knowledge where students can be successful.
- I will maintain high expectations for myself and the students.
- I will communicate and work with families to support student learning.
- I will promote being a responsible digital citizen.
- I will show respect to parents, students and family situations.
- I will encourage good reading habits and study skills.

Revised 1/2021

4 Model reading fluently by practicing reading aloud with your child

These activities are typically appropriate for children in kindergarten and first grade.








*Having children read aloud daily, both with and without feedback, helps them develop the skills of reading **accuracy**, **fluency**, and **comprehension**. The boxes below show several approaches to use when reading aloud together.*

When reading aloud with children:

- Model and provide feedback on proper tone, pausing, and which words to emphasize.
- Set a slow, steady pace, slowing down for words that are challenging. Gradually increase the pace, moving on to more difficult books. Remind the child that reading fluently does not necessarily mean reading quickly.
- Use familiar books. Make sure that the book is appropriate to the child's reading ability. If the book is too difficult, children can develop poor reading habits.

Accuracy is the ability to read text aloud accurately, but without regard to rate.

Fluency is the ability to read a passage of text aloud accurately, at an appropriate rate, and with expression.

Take turns reading continuous passages of a book.	Read the same passage of a book aloud at the same time.	Read a passage of a book aloud and then have the child read the same passage aloud.
<p>Passage A Adult</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>Passage B Child</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>Passage C Adult</p>  <p>_____</p> <p>_____</p> <p>_____</p>	<p>Passage A</p> <p>Adult Child</p>   <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Passage A</p> <p>Adult</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Child</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>




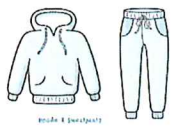

What skills will this practice help build?

Reading books daily, both with and without feedback, can begin as soon as children can identify a few words. It requires children to identify words quickly, combine ideas in the book with their background knowledge, ask themselves questions about their understanding, and apply strategies to help comprehension and fix misunderstandings. Then, children can connect with a variety of books of different levels and wide-ranging content.

National School Counselor Week - February 3rd - 7th 2025



Spirit Week Lineup :

M	<p>School Counselors help us have a bright future</p> <p>Wear college, trades, career or bright clothes</p>	
T	<p>School Counselors help promote positive mental health using strengths & strategies</p> <p>Wear green</p> <p>Bookmarks/coloring sheets for all students</p>	
W	<p>School Counselors teach us to be H.E.R.O's Help, Encourage and Respect Others</p> <p>Wear inspirational or kindness shirt Compli-(mint) for each student</p>	
T	<p>School Counselors help us not sweat the small stuff</p> <p>Wear sweats or pjs</p>	
F	<p>School Counselor will always cheer you on and be part of your team</p> <p>Wear favorite jersey or irish gear</p>	

MENTAL HEALTH RESOURCES FOR PARENTS

A CLICKABLE COMPILATION OF RESOURCES
CREATED BY NAMI FOX VALLEY



Support for Kids, Teens & Young Adults

Compilation of information & resources intended to help young people get the mental health support they need.



NAMI Helpline

If you or someone you know needs help, contact NAMI Helpline Monday-Friday from 9:00 AM-9 PM CT.

Call 1-800-950-NAMI | Text: 62640



NAMI Wisconsin: Family & Consumer Resource Guide

Guide created to help people living with mental illness, and those supporting them, navigate the mental health care system.



NAMI Fox Valley

Local NAMI affiliate offering free support groups & education classes to those living with mental illness, and

their family members; serving Calumet, Outagamie, Waupaca and northern Winnebago counties.



NAMI Basics OnDemand

A free online

program for parents/caregivers of youth who are experiencing mental health symptoms.

NAMI Fox Valley also offers a version of this program that includes discussion groups with other parents.



Child Mind
Institute

Family Resource Center

Find information to help you support children who are struggling with mental health, behavior or learning challenges.



Navigating Emotions & Behaviors

Helpful resource to better understand and navigate your child's emotions and behavior.

MyConnectionNEW.org



Connect to LOCAL
mental health
services & supports

Network of Care for Mental/Behavioral Health

Mental health & substance use information, resources & service navigation tool for Brown, Calumet, Outagamie & Winnebago counties.



CDC Children's Mental Health

This helpful web page includes links to various articles, research studies & resources to help support mental health in childhood.






National Institute of Mental Health (NIMH) - Children and Mental Health: Is this Just a Stage?

A document to better understand how to tell the difference between challenging behaviors and emotions that are a normal part of growing up and those that could be cause for concern.

FEBRUARY 2025

FREEDOM ELEMENTARY SCHOOL STUDENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	Wear college, trades, career or bright clothes	4 Gr. 4 & 5 B.O.B. Meet during lunch recess Wear Green	5 Wear inspirational or kindness shirt	6 Gr. 1 Badger Sports Park Wear sweats or pjs	7 Gr. 1 Badger Sports Park Wear favorite jersey or Irish gear 4K Valentine Outreach	8
9	10	11	12 Student Council Meeting during lunch Parent/Teacher Conferences 3:30-6:30	13 No 4K Classes Child Development Day Early Dismissal 12:15 Fang's 2nd Base due	14 No School Conference Break <i>happy Valentine's day</i>	15 
16	17 No School Staff Inservice	18 Fang visits during lunch	19	20 4K-2 Family Math Night 5:30-7:00	21 Gr. 5 Bubolz Nature Center	22
23	24	25 Gr. 3-5 Family Math Night 5:30-7:00	26	27 PBS Assembly	28 Fang's 3rd Baseball due 4K and new Kindergarten Registration 8:00-3:00 Gr. 5 Bubolz Nature Center	

Freedom Elementary School February Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 School Inservice - No School	4 Apple Cinnamon Muffin String Cheese & Juice	5 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Scooby Snacks & Fresh Fruit	6 Mini French Toast String Cheese & Juice	7 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Banana
10 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Scooby Snacks & Fresh Fruit	11 Double Chocolate Muffin String Cheese & Juice	12 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Scooby Snacks & Fresh Fruit	13 Banana Chocolate Chip Oatmeal Bar String Cheese & Juice	14 No School
17 No School - Staff Work Day	18 Blueberry Muffin String Cheese & Juice	19 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Scooby Snacks & Fresh Fruit	20 Mini French Toast String Cheese & Juice	21 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Banana
24 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Scooby Snacks & Fresh Fruit	25 Double Chocolate Muffin String Cheese & Juice	26 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Scooby Snacks & Fresh Fruit	27 Banana Chocolate Chip Oatmeal Bar String Cheese & Juice	28 Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal Banana

This institution is an equal opportunity provider.



Febrero

Escuela primaria Libertad

Menú de desayuno

Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Naranja fresca Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Muffin de manzana y canela Estafa Queso en tiras Fruta Zumo de manzana Manzanas Gala Leche Leche con chocolate sin grasa Leche al 1% Leche sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Plátano fresco Naranja fresca Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Desayuno redondo de avena con chips de chocolate Estafa Queso en tiras Fruta Plátano fresco Manzanas Gala Leche Leche con chocolate sin grasa Leche al 1% Leche sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Plátano fresco Leche Leche sin grasa Leche al 1% Leche con chocolate sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Naranja fresca Leche Leche al 1% Leche sin grasa Leche con chocolate sin grasa	Platón principal para el desayuno. Muffin de chocolate Estafa Queso en tiras Fruta Manzanas Gala Zumo de manzana Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Plátano fresco Leche Leche al 1% Leche sin grasa Leche con chocolate sin grasa	Platón principal para el desayuno. Mini tostadas francesas con canela y crujientes Estafa Queso en tiras Fruta Naranja fresca Manzanas Gala Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	<i>No hay clases - Capacitación del personal</i>	Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Zumo de manzana Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Plátano fresco Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Mini tostadas francesas con canela y crujientes Fruta Naranja fresca Manzanas Gala Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Plátano fresco Naranja fresca Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa
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Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Naranja fresca Leche Leche al 1% Leche sin grasa Leche con chocolate sin grasa	Platón principal para el desayuno. Muffin de manzana y canela Estafa Queso en tiras Fruta Zumo de manzana Manzanas Gala Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Plátano fresco Naranja fresca Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Galletas de avena con chispas de chocolate y plátano Estafa Queso en tiras Fruta Plátano fresco Manzanas Gala Leche Leche al 1% Leche con chocolate sin grasa Leche sin grasa	Platón principal para el desayuno. Variedad de cereales Fruta Manzanas Gala Plátano fresco Leche Leche con chocolate sin grasa Leche al 1% Leche sin grasa
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De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluida la identidad de género y la orientación sexual), discapacidad, edad, o represalia o venganza por actividades previas de derechos civiles.

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información del programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas estadounidense) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el Centro. TARGET del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Retransmisión al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el denunciante debe completar el Formulario AD-3027, Formulario de queja por discriminación en el programa del USDA, que se puede obtener en línea en:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, desde cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección, el número de teléfono y una descripción escrita de la presunta acción discriminatoria del denunciante con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. El formulario AD-3027 o la carta completa deben enviarse al USDA antes de:

correo: Departamento de Agricultura de los Estados Unidos Oficina del Subsecretario de Derechos Civiles 1400 Independence Avenue, SW Washington, DC 20250-9410; oh fax: (833) 256-1665 o (202) 690-7442; oh Correo electrónico: Program.Intake@usda.gov
Esta institución es un proveedor que ofrece igualdad de oportunidades.

Full student meal is \$2.55 for PK-1 & \$2.65 for 2-5 and a reduced price is \$0.40

Freedom Elementary School Lunch Menu - February

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
(1) Chicken Nuggets	(1) Mini Corn Dogs & Sidekick	(1) Cheese Pizza	(1) Pancakes & Sausage Links	(1) Sloppy Joe Sandwich
(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich
Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables
10	11	12	13	14
(1) Turkey Hot Dog	(1) Pizza Dunkers w/ Marinara Sauce and Cookie	(1) Waffles & Sausage Links	Early Release - Turkey or Ham Sandwich	No School
(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich		
Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	
17	18	19	20	21
No School - Staff Inservice	(1) BBQ Riblet Sandwich or Pulled Pork Sandwich	(1) Cheese Pizza	(1) French Toast Sticks & Sausage Links	(1) Popcorn Chicken & Mashed Potatoes
	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich
	Birthday Cake			
	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables
24	25	26	27	28
(1) Beef Tacos	(1) Macaroni & Cheese w/ Breadstick	(1) Pancake & Sausage on a Stick	(1) Pepperoni Pizza	(1) Breaded Chicken Sandwich or Fish Sticks
(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich
Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables

This institution is an equal opportunity provider.



Febrero

Escuela primaria Libertad

Menú del almuerzo

Plato principal del almuerzo Nuggets de pollo <i>Oh</i> Sándwich de jamón y queso Verduras Bolitas de papa Lechuga iceberg Floretes de brócoli Palitos de apio Pimientos dulces Tomates cherry Rodajas de pepino Zanahorias bebé Fruta Naranja fresca Frutas mixtas	Plato principal del almuerzo Mini perritos de maíz <i>Oh</i> Sándwich de jamón y queso Verduras Frijoles horneados vegetarianos Zanahorias bebé Lechuga iceberg Floretes de brócoli Palitos de apio Rodajas de pepino Tomates cherry Pimientos dulces Fruta Taza de puré de manzana Plátano fresco Peras cortadas en cubitos Compañero de limón y frambuesa azul	Pizza de queso <i>Oh</i> Sándwich de jamón y queso Verduras Maíz en grano entero Zanahorias bebé Lechuga iceberg Floretes de brócoli Pimientos dulces Palitos de apio Tomates cherry Rodajas de pepino Fruta Manzanas Gala Arándanos secos Mandarinas	Plato principal del almuerzo Panqueques y salchichas <i>Oh</i> Sándwich de jamón y queso Verduras Zanahorias en rodajas al vapor Floretes de brócoli Zanahorias bebé Palitos de apio Tomates cherry Rodajas de pepino Fruta Peras cortadas en cubitos Manzanas Gala	Plato principal del almuerzo Sándwich Sloppy Joe <i>Oh</i> Sándwich de jamón y queso Verduras Papas fritas onduladas Lechuga iceberg Floretes de brócoli Palitos de apio Zanahorias bebé Tomates cherry Rodajas de pepino Pimientos dulces Fruta Melocotones cortados en cubitos Plátano fresco	
Plato principal del almuerzo Perro caliente en pan <i>Oh</i> Sándwich de pavo y queso Verduras Guisantes Lechuga iceberg Tomates cherry Palitos de apio Floretes de brócoli Rodajas de pepino Pimientos dulces Fruta Melocotones cortados en cubitos Plátano fresco Manzanas Gala Naranja fresca	Plato principal del almuerzo Dunkers de pizza <i>Estafa</i> <i>Oh</i> Sándwich de pavo y queso Verduras Frijoles horneados vegetarianos Lechuga iceberg Floretes de brócoli Zanahorias bebé Rodajas de pepino Tomates cherry Palitos de apio Pimientos dulces Fruta Naranja fresca Peras cortadas en cubitos Manzanas Gala Plátano fresco	Plato principal del almuerzo Waffles caseros y salchichas <i>Oh</i> Sándwich de pavo y queso Verduras Zanahorias bebé Floretes de brócoli Palitos de apio Tomates cherry Rodajas de pepino Lechuga iceberg Pimientos dulces Fruta Manzanas Gala Naranja fresca Frutas mixtas	Plato principal del almuerzo Sándwich de jamón y queso <i>Oh</i> Sándwich de pavo y queso Verduras Zanahorias bebé Floretes de brócoli Palitos de apio Tomates cherry Rodajas de pepino Fruta Manzanas Gala Naranja fresca Peras cortadas en cubitos	No hay clases - Capacitación del personal	

No hay clases -
Capacitación del
personal

Plato principal del almuerzo
Nachos de carne y queso
Oh
Sándwich de pavo y queso
Verduras
Lechuga iceberg
Zanahorias bebé
Floretes de brócoli
Palitos de apio
Tomates cherry
Rodajas de pepino
Pimientos dulces
Frijoles Refritos
Fruta
Plátano fresco
Manzanas Gala
Naranja fresca
Peras cortadas en cubitos

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correo: Departamento de Agricultura de los Estados Unidos Oficina del Subsecretario de Derechos Civiles 1400 Independence Avenue, SW Washington, DC 20250-9410; Vaya fax: (833) 256-1665 o (202) 690-7442 ; Vaya Correo electrónico: Program.Intake@usda.gov Esta institución es un proveedor que ofrece igualdad de oportunidades.

Plato principal del almuerzo <i>Elección de</i> Sándwich de cerdo desmenuzado Hamburguesa de costilla de cerdo en rollo <i>Oh</i> Sándwich de jamón y queso Verduras Maíz en grano entero Lechuga iceberg Zanahorias bebé Floretes de brócoli Palitos de apio Tomates cherry Rodajas de pepino Pimientos dulces Fruta Plátano fresco Manzanas Gala Naranja fresca Bocaditos de piña	Plato principal del almuerzo Pizza de queso <i>Oh</i> Sándwich de jamón y queso Verduras Bolitas de papa Judías verdes Lechuga iceberg Zanahorias bebé Floretes de brócoli Palitos de apio Tomates cherry Pimientos dulces Frijoles horneados vegetarianos Fruta Plátano fresco Manzanas Gala Naranja fresca Peras cortadas en cubitos	Plato principal del almuerzo Palitos de tostada francesa <i>Estafa</i> Salchichas de cerdo <i>Oh</i> Sándwich de jamón y queso Verduras Floretes de brócoli al vapor Lechuga iceberg Zanahorias bebé Floretes de brócoli Palitos de apio Tomates cherry Rodajas de pepino Pimientos dulces Fruta Plátano fresco Manzanas Gala Naranja fresca Melocotones cortados en cubitos	Plato principal del almuerzo Pollo con palomitas de maíz <i>Estafa</i> Puré de papas <i>Oh</i> Sándwich de jamón y queso Verduras Lechuga iceberg Zanahorias bebé Floretes de brócoli Palitos de apio Tomates cherry Rodajas de pepino Pimientos dulces Fruta Plátano fresco Manzanas Gala Naranja fresca Frutas mixtas
Plato principal del almuerzo Macarrones con queso <i>Estafa</i> <i>Oh</i> Sándwich de pavo y queso Verduras Maíz en grano entero Lechuga iceberg Zanahorias bebé Naranja fresca Pimientos dulces Rodajas de pepino Plátano fresco Floretes de coliflor Floretes de brócoli Tomates cherry Fruta Compañero de limón y frambuesa azul Melocotones cortados en cubitos Manzanas Gala	Plato principal del almuerzo Palitos de panqueque para el desayuno <i>Oh</i> Sándwich de pavo y queso Verduras Bolitas de papa Lechuga iceberg Zanahorias bebé Floretes de brócoli Palitos de apio Tomates cherry Rodajas de pepino Pimientos dulces Fruta Rodajas de manzana Plátano fresco Manzanas Gala Naranja fresca Frutas mixtas	Plato principal del almuerzo Pizza de pepperoni <i>Oh</i> Sándwich de pavo y queso Verduras Judías verdes Lechuga iceberg Zanahorias bebé Floretes de brócoli Floretes de coliflor Palitos de apio Tomates cherry Pimientos dulces Fruta Plátano fresco Manzanas Gala Naranja fresca Peras cortadas en cubitos	Plato principal del almuerzo <i>Elección de</i> Sándwich de pollo empanizado Palitos de pescado <i>Estafa</i> <i>Oh</i> Sándwich de pavo y queso Verduras Papas fritas onduladas Lechuga iceberg Palitos de apio Zanahorias bebé Rodajas de pepino Pimientos dulces Floretes de coliflor Tomates cherry Fruta Melocotones cortados en cubitos Plátano fresco Naranja fresca Manzanas Gala

