

IRISH PRIDE PRESS

October 2024 Newsletter

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

Important dates:

- October 16
 Parent/Teacher
 Conferences 3:30-6:45
 Book Fair in Library
- October 17
 Child Development Day
- October 17 No 4K Classes
- October 17
 Early Dismissal 12:15

 Teacher Inservice
- October 18
 No School
 Conference Break
- October 24
 Parent/Teacher
 Conferences 3:30-6:45
 Book Fair in Library

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

Principal's Corner

Dear Parents/Guardians,

We have just completed the first month of school. It is exciting to see the students getting back into the routines of school. Throughout the school year, students will participate in various reading programs for our school-wide reading. You may see Book- It, Tundra Tales, and Fang's Reading Program. Homeroom teachers have or will be sending home calendars for students to record their reading minutes.

We will again be doing Halloween at FES this year. We will have students come to school on Thursday, October 31 with their costumes already on. We ask that students do not wear Halloween masks to school. Due to safety, no inflatable costumes will be allowed anymore. We will be having classroom parties, but remember snacks must be NUT FREE. Please do not send **any baked goods** unless it is **packaged with a made in a nut-free facility.**

FES completed full implementation of standards-based report cards last year. Our report card will continue on semester grading. This means we will be completing report cards for parent access in Skyward in January and May. In addition, we will host parent/teacher conferences near the end of the first and third quarters to inform parents of their child's progress. If you are unable to attend conferences in October, please reach out to your child's homeroom teacher. We feel contact at the end of the first quarter is beneficial to the foundation of the school year. Spring conferences will continue to be by appointment- either teacher-requested or parent-requested.

Again, on behalf of the FES staff, we appreciate your support as we continue through the 2024-2025 school year.

Scheduling for Parent/Teacher Conferences

We have parent/teacher conferences in October. The conferences will be held on **October 16** (3:30-6:30 pm) and **October 24**, **2024** (3:30-6:30 pm). Conferences will be scheduled through Skyward for both days. Grade 4K-4 will be 15 minutes and 5th grade will be 10 minutes slots. You only need to attend one of the conference days. 4K has 15 minute slots available on Friday, October 25, 2024 times between 8:00 am - 11:15 am. The signup window for conferences is **October 7-October 14**, **2024**.

Appointments

This is a reminder that if your child has an appointment or sees a doctor when they are ill, please ask the provider for a medical note to excuse your child from school. This note is very important in reporting accurate attendance. If you do not provide a medical note, it will be considered an absence within your 10-day limit.

Reminder:

- Parents need to send a note or call **before 2:00 p.m.** if there is a change to pick up for your children.
- We have over 700 students and many parents call with special requests which are very difficult to juggle at the end of the school day. Please **send** a **note** when there is a change for your child in transportation. Students may not ride a different bus again this year per Lamers.
- School fees are now considered overdue if you haven't taken care of it already. Please pay by e-funds in Skyward or send in your check/cash to the FES office as soon as possible. K-5 is \$35.00 and 4K is \$30.00. K-5 Tech Fee is \$15.00.
- If you choose to buy milk at milk break, it is \$50.00 for the year for K-5 students and \$25.00 for PK and 4K students. Those students who have not purchased milk will not be able to take it.



Attendance Reminders

Regular attendance and promptness are essential requirements for success in school. Our Policy



Please call the Elementary School Office at 920-788-7950 by 8:00 a.m. if your child is absent. The school line is open 24 hours a day, to report absences.

- If your child is reported absent by the classroom teacher and you have not notified us that he/she is not coming to school, one of the school secretaries will be calling your home and/or work.
 - o The purpose of this is:
 - To determine and verify absence.
 - For your child's safety---for example, if a child is expected to be at school and does not arrive for some reason, the parent would not be aware of this until it is time for the child to arrive home.
 - Because we are concerned for your child's well-being, health and safety.
 - Wisconsin Truancy Law requires a parent verification stating the exact reason for the absence in order for absences to be considered as excused. Habitual unexcused absences can lead to truancy.
- According to Wisconsin State Statute, a student who is excused in writing by his/her parent/guardian before an absence occurs will be excused from school, but a student may not be excused for *more than ten (10) days* in the school year.
- In order to not affect cumulative attendance, please provide a doctor's note whenever possible.
- An absence is defined as "part or all of a day" not in school during the designated hours of 8:00 am to 3:05 pm.
- Students are considered tardy when arriving after 8:00am. This does count as an absence.

Taste Test Tuesday

The foodservice department is excited to announce "Taste Test Tuesday"

Every month we will have students sample something new that will be put on the menu the following week. Doing this gives the students a chance to try something new, and also know what will be on the menu for the following week! During lunch we will provide a small portion of an entrée that we will serve the following week to ALL students, regardless of hot or cold lunch. The first item will be on Tuesday October 22. The kids will be trying a Pancake on a stick. It is a pancake wrapped breakfast sausage on a stick! The new menu item will be offered on Wednesday October 30.

October is Keeping Kids Safe Online month in Wisconsin

The Wisconsin Department of Public Instruction has created a webpage with resources to help keep kids safe when online. Feel free to take a look at it, it is linked below. https://dpi.wi.gov/internet-safety/parents







Freedom Area School District

The Freedom Area School District is also seeking individuals for substitute support staff positions throughout the District. We are looking for substitutes in the following positions in the district: Custodial, Classroom/Special Education Aides, Playground Supervisors, Kitchen Staff, and Secretarial.

If interested in subbing in any position, please fill out a district application from the Freedom Area School District website at:

https://www.freedomschools.k12.wi.us/district/APPLICATION1.pdf

For more information or if you have any additional questions, please contact the District Office at 920-788-7944.

Early Release and No School

Students will have an early release at 12:15 pm on **Thursday**, **October 17** for Teacher/Staff Inservice and no school on **Friday**, **October 18** for Conference Break.

Red Ribbon Week Celebration

Red Ribbon Week – "Life is a movie-film drug free". Red Ribbon Week Celebration is October 28-November 1, 2024.

October 28 – Kick off – Life is a movie – Film drug free – Wear Red

October 29 – FES stars – dress like your favorite movie character

October 30 – Walk down the red carpet – dress your best

October 31 – We aren't scared to be drug free – Wear Halloween costumes

November 1 – Chill and enjoy the show – Pajama Day



Bullying Awareness: Unity Day - Wear Orange

UNITY DAY: Together against bullying. United for kindness, acceptance and inclusion on Wednesday, October 16. Make it ORANGE and make it end! What are your true colors when it comes to bullying? If you care about safe and supportive schools and communities, make your color ORANGE on Unity Day. That's the day everyone can come together – in schools, communities, and online – and send one large ORANGE message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance and inclusion.

A Note from the Music Room

A note from Ms. Vanderloop:

Hello FES families! It has been a joyful and busy start to the year but I can tell already that it's going to be an awesome adventure! Here is a QR code to our music classroom website where you will find information about what your child is learning in music class as well as details regarding upcoming opportunities and performances.

This resource can be used all year round so feel free to bookmark the page for the future. I am so grateful to get to work in such a close-knit and supportive community of families and I hope this tool will help us stay connected. You also can reach me through email: avanderloop@freedomschools.k12.wi.us.

Musically yours,

Ms. Anna Vanderloop (920) 788-7950 ext.3315



Fall Activities

October 31 is Halloween. Students may dress up in their costumes on **Thursday**, **October 31**. Please follow the guidelines for costume attire.

COSTUME ATTIRE:

- 1. Students should come to school dressed in an appropriate costume.
- 2. Students may not wear Halloween masks.
- 3. No inflatable costumes
- 4. Props should not be any kind of a weapon.
- 5. Students need to be able to walk without tripping on their costumes.
- 6. No clown costumes







Nurse's Corner

Prescription Medication

Forms need to be filled out by the physician and the parent/guardian allowing school personnel to give the medication and brought in by the parent/guardian on the first day that the medication is to be given at school.

The original medication bottle from the pharmacy shall be given to school personnel for dispensing to the student. The label on the bottle shall contain the name and telephone number of the pharmacy, the student's name, name of physician, medication name, and the dosage to be given. With any refill of medication, a newly updated medication bottle is required from the pharmacy.

All prescription medication must be brought to school by the parent/guardian. When the medication is discontinued or at the end of the year, the parent/guardian is responsible for picking up the medication. If the medication is not picked up within two weeks after school is out or medicine is discontinued, the medication will be properly discarded.

Non-Prescription Medication

The non-prescription medication must be supplied by the student's parent/guardian in the manufacturer's package and the package must list the ingredients and recommended therapeutic dose in a legible format. School personnel may administer any drug which may lawfully be sold over the counter, without a prescription, to a student with the written consent and written instructions given by the parent/guardian.

*Please update the district nurse akazik@freedomschools.k12.wi.us regarding any health updates/concerns for your student.

*Please return emergency forms with ordered meds.



PAC (Parent Activity Committee) News

CHERRYDALE FUNDRAISER

Our first fundraiser of the school year, Cherrydale Fundraiser (also known as the Cookie Dough Fundraiser) begins September 30th! Our goal is to raise \$12,000 to help fund FES student activities as well as teacher and school requests. The PAC is asking interested families to pre-register their student(s) here: https://www.shopfund.com/parentregister

Any student that is registered and gets 10 shares clicked will be entered into a drawing for over \$100,000 worth of prizes. We will need all online orders and order forms turned in by October 14th and fundraiser pick up date will be on November 11th.

PARENT/TEACHER CONFERENCES

The PAC will be catering in food from Buzz's for Parent/Teacher conferences the first night but need your help bringing in items on both October 16th and October 24th. Please click on the link - https://shorturl.at/4ei2U and see if you can help with a few items or to set up. Our FES staff are very grateful for the food on those long nights!

FES AT SKATE CITY

The PAC is hosting a fun night at Skate City on Thursday, October 17th from 5:30 to 7:30 PM. Come for an hour or stay the entire time! The cost is only \$8 per skater which includes rental. All FES families are invited! That day there is an early release and no school on Friday, October 18th.

TOM'S FUNDRAISING NIGHT

Stop at Tom's Drive In on Tuesday, November 5th from 4 to 8 PM and help us raise money to support our amazing staff, students, and future family events at Freedom Elementary! Dine in or drive thru, pick up dinner or just a cold treat! Stop before or after you go vote on election day! When ordering, please make sure to let the cashier know you are there to support Freedom Elementary! 20% of the profits from your order will be donated to the PAC!

STOCK THE LOUNGE - 4K

For the month of October, we are asking all 4K parents to please consider dropping off snacks/drinks to help us stock the lounge for FES staff! Each month we will be asking 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: water, flavor or carbonated water, Bubbl'r', soda, etc.

STAFF SHOUT OUTS

Our Staff Shout Out program is starting up again for this school year and it's so easy to participate! You can send a Shout Out to anyone working for FES - teachers, administrative staff, nurses, counselors and so on! To recognize a staff member that is doing an amazing job, please click on the link - https://shorturl.at/MiCBE. Shout Outs are due November 4th! You can submit as many Shout Outs as you want! For each shout out entry, staff members are put into a drawing to win some prizes!

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, October 21st 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).





Belleve . Succession	Be Respectful	Be Responsible	Be Safe
Bus	□ Use quiet voices□ Listen to the bus driver□ Respect personal space	 Report problems to an adult Keep hands, feet, and items to yourself Clean up after yourself 	□ Walk□ Stay seated while bus is moving□ Keep the aisle clear
Assembly	 0 voice while someone is presenting Keep hands, feet, and items to yourself Respect personal space 	Participate and respond appropriatelyPay attention to the speaker	□ Walk in and out of the gym
Cafeteria	□ Voice level 2□ Use kind words□ Wait your turn in line□ Raise your hand to leave your seat	□ Clean up your area□ Remain seated□ Listen to the adult in charge□ Sit in your designated area	□ Walk□ Eat only your food□ Keep hands, feet, and items to yourself
Classroom	 Listen to directions the first time Listen to the adult in charge Use kind words 	Do the right thing even when no one is lookingKeep your materials organized	□ Keep hands, feet, and items to yourself
Bathroom	 □ Keep voice at a level 0 or 1 □ Respect other people's privacy □ Keep the bathroom clean 	 Do the right thing even when no one is looking Use the bathroom, flush, and wash your hands 	□ Keep hands, feet, and items to yourself□ Return directly to class
Hallway	Keep voice at a level 0Keep hands, feet, and items to yourself	 □ Do the right thing even when no one is looking □ Eyes and body forward □ Listen to the adult(s) in charge 	□ Walk □ Stay to the right
Technology	□ Only touch your own device □ Stay on task	□ Do the right thing even when no one is looking□ Stay on school appropriate sites□ Handle with care	 □ Walk while holding a device □ Carry device with two hands □ Keep personal information private
Playground	□ Be honest □ Be fair □ Problem solve with your friends	 □ Take care of playground equipment □ Put toys away carefully in the shed □ Keep our playground clean □ Line up quietly when the bell rings 	 □ Let a teacher know if someone needs help □ Keep hands, feet, and items to yourself □ while playing games and in line

No doubt, you've heard the advice. Reading with your children 20 minutes a day is important. But why is it so important? Here are some big results you can expect when you commit to a daily reading routine with your children.

FAMILY BONDING

Reading is a great way to spend quality time with your children. From nightly bedtime stories to trips to the library, your children will look forward to spending this one on one time with you every day.

PRACTICE MAKES PERFECT

The more you and your child read together, the more they will improve their vocabulary, comprehension, and sight reading skills. A reading routine goes a long way in building these reading foundations.

DO YOU HEAR WHAT I HEAR?

Reading to your child boosts their listening skills, which are important for later reading and understanding. Listening to a parent read aloud helps children increase their ability to concentrate in school.

GET READY FOR SCHOOL

If you want your child to walk in to their first day of school ready to succeed, the best thing you can do is read to them each day. This reading routine builds their vocabulary and benefits them when they start reading on their own.

KNOW IT ALL

All subjects, including science and math, require reading and comprehension skills. In fact, when kids read more outside of school, they have higher math scores.* Reading is an essential part of education from kindergarten through college no matter what you are studying, so starting early and reading often will set your children on the path to academic success.

STOP AND GIVE ME 20 - EXERCISE YOUR BRAIN

We all know the importance of exercise for the body, but it's just as important for the mind. Reading every day builds new brain synapses and forges new connections. One study shows that reading instruction can cause the brain to rewire itself and produce new white matter, and it improves communication throughout the brain.**

READING IS JUST WHAT THE DOCTOR ORDERED

The American Academy of Pediatrics promotes that "Reading regularly with young children stimulates optimal patterns of brain development and strengthens parent-child relationships at a critical time in child development, which, in turn, builds language, literacy, and social-emotional skills that last a lifetime."

^{*}Educational Testing Service, 1999. America's Smallest School: The Family

[&]quot;Timothy A. Keller, Marcel Adam Just, Altering Cortical Connectivity; Renediation-induced Changes in the White Halter of Poor Readers, Neuron, 2009; 64 (5): 624-631 DOI: 10.1016/j.neuron.2009.10.018

OCTOBER 2024

FREEDOM ELEMENTARY SCHOOL STUDENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 KG to Fire Station Gr. 2 Lambeau Field Wear Green & Gold	5
6	7	8	9 Student Council Meeting during lunch recess	10	11 Wear Pink	12
13	14	15	Unity Day-wear Orange Parent/Teacher Conferences 3:30-6:45 Book Fair in Library	17 Child Development Day-AM No 4K classes Early Dismissal 12:15 Skate City 5:30	No School	19
20	PAC Meeting 5:30 Staff Room	22 4K Mulberry Farm Gr. 1 Cuff Farm	23 4K Mulberry Farm	Parent/Teacher Conferences 3:30-6:45 Book Fair in Library	25 4K Outreach to Kaukauna Library	26
27 Red Ribbon Week Oct. 28-Nov. 1	28 Kick off-Life is a movie-Film drug free-Wear Red	29 FES stars-dress like your favorite movie character	Walk down the red carpet-dress your best	31 We aren't scared to be drug free-wear Halloween costumes Halloween		

Full student meal is \$1.35. Reduced Meal is \$0.35

Freedom Elementary School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
ivioriuay	1 desday	wednesday 2	3	Friday 4
	Blueberry Muffin	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Banana Chocolate Chip Oatmeal Bar	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal
	Apple Ivies	Annia	0	Danana
	Apple Juice	Apple 9	Orange 10	Banana
Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Double Chocolate Muffin	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Mini French Toast	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal
Apple	Apple Juice	Apple	Orange	Banana
14	15	16	17	18
Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Apple Cinnamon Muffin	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Banana Chocolate Chip Oatmeal Bar	No School
21	22	23	24	25
Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Blueberry Muffin	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Mini French Toast	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal
28	29	30	31	
Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Double Chocolate Muffin	Cinnamon Toast Crunch/Cocoa Puffs/Trix Cereal	Banana Chocolate Chip Oatmeal Bar	

Menú de desayuno de la escuela primaria Freedom

Menú de desayuno de la escuela primaria Freedom					
Lunes	Marte	Miércoles	Jueves	Viernes	
	1 Muffin de arándanos	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Barra de avena con chispas de chocolate y plátano	4 Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	
	Zumo de manzana	Manzana	Naranja	Banana	
7	8	9	10	11	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Muffin De Doble Chocolate	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Mini tostadas francesas	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	
Manzana	Zumo de manzana	Manzana	Naranja	Banana	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Muffin de manzana y canela	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Barra de avena con chispas de chocolate y plátano	No hay escuela	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Muffin de arándanos	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Mini tostadas francesas	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	29 Muffin De Doble Chocolate	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	31 Barra de avena con chispas de chocolate y plátano		

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 - October						
Monday	Tuesday	Wednesday	Thursday	Friday		
	Hot Ham & Cheese Sandwich	2 Waffles & Sausage Patty	3 Cheese Pizza	4 Pulled Pork OR BBQ Rib Sandwich		
	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich		
	Seasoned Corn & Frozen Sidekick	Potato Wedges & Broccoli	Seasoned Carrots	Seasoned Green Beans		
7	8	9	10	11		
Hamburger or Pizza Burger	Beef Tacos & Yellow Cake	French Toast & Sausage Patty	Pepperoni Pizza	Chicken Tenders		
(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich		
Seasoned Green Peas	Refried Beans	Tator Tots & Seasoned Corn	Seasoned Broccoli	French Fries & Seasoned Carrots		
14	15	16	17	18		
Breaded Chicken Sandwich	Pizza Dunkers & Chocolate Pudding	Pancakes & Sausage Patty	Early Release - Ham or Turkey Sandwich	No School		
(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich	(2) Turkey & Cheese Sandwich				
Potato Wedges & Cauliflower	Seasoned Corn	Tator Tots & Green Beans	Assorted Fruits & Vegetables			
21	22	23	24	25		
Chicken Nuggets	Mini Corn Dogs and a Cookie	Waffles & Sausage Patty	Pepperoni Pizza	Sloppy Joe OR Fish Sticks		
(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich	(2) Ham & Cheese Sandwich		
French Fries & Seasoned Green	PANCAKE ON A STICK TASTE TEST!!!					
Peas	Potato Wedges & Corn	Warm Apples	Seasoned Green Beans	Assorted Fruits & Vegetables		
28	29	30	31	Happy Halloween!!		
Popcorn Chicken with Mashed Pototoes & Gravy (2) Turkey & Cheese	Spaghetti & Meatballs (2) Turkey & Cheese	Pancake on a Stick (2) Turkey & Cheese	Creepy Crust Cheese Pizza (2) Witch's Turkey & Cheese			
Sandwich	Sandwich	Sandwich	Sandwich			
Seasoned Corn	Broccoli & Frozen Sidekick	Tator Tots	Seasoned Carrots			

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include skim white, 1% white and non-fat chocolate. Menu subject to change. Please contact Logan Wilson, Director of Dining Services 920- 284-5570

This institution is an equal opportunity provider.

Menú de desayuno de la escuela primaria Freedom

Menú de desayuno de la escuela primaria Freedom					
Lunes	Marte	Miércoles	Jueves	Viernes	
	1 Muffin de arándanos	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Barra de avena con chispas de chocolate y plátano	4 Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	
	Zumo de manzana	Manzana	Naranja	Banana	
7	8	9	10	11	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Muffin De Doble Chocolate	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Mini tostadas francesas	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	
Manzana	Zumo de manzana	Manzana	Naranja	Banana	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Muffin de manzana y canela	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Barra de avena con chispas de chocolate y plátano	No hay escuela	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Muffin de arándanos	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	Mini tostadas francesas	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	
Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	29 Muffin De Doble Chocolate	Tostada Crujiente De Canela/Hojaldres De Cacao/Cereal Trix	31 Barra de avena con chispas de chocolate y plátano		