

Fiesta Gardens International School

September 27, 2017

Dear Parents,

Tomorrow, September 28th, is The Great American Shake Out. In order to ensure the safety and welfare of students at our school, students and staff will be participating in a District-wide earthquake drill. It is important to practice emergency preparedness so that all students and staff are aware of the school's safety plan. This is a good opportunity to discuss your family's plan with your child at home. The Red Cross also has materials available on their website at www.redcross.org.

Sincerely,

Jeannette Ramirez
Principal

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San Mateo-Foster City Education Foundation

has been selected for the *Nickels for Nonprofits* Program!

When you shop with your reusable bags at Whole Foods Market San Mateo, you can have your 5-cent bag credit donated to the Education Foundation!

Join us in supporting San Mateo & Foster City Schools!

Tuesday, September 26, 2017

to

Monday, January 15, 2018

San Mateo Location Only | 1010 Park Place, San Mateo, CA 94403

SMFCEF is a 501(c)(3) organization | www.smfcefund.org



LIVE · LEAD · LEARN

Elementary School

Shoot For The Stars
with School Lunch!

5 Star Meals Offered Daily

- ★ Protein
- ★ Grain
- ★ Fruit
- ★ Vegetable
- ★ Milk



MAGIC STARS

- ★ ½ Cup of Fruit
- ★ ½ Cup of Vegetable

A complete meal must have 3 or more stars

1 STAR must be a Magic Star



AVAILABLE DAILY
Lunch Hot Entrée's or Yogurt Basket
 (Yogurt, String Cheese and Crackers)
 or **WOWBUTTER Sandwich, or**
Hummus Basket (Hummus, Cheese, Crackers)
Fruit and Vegetable
Choice of Fat Free Chocolate or 1% White Milk
 Menu subject to change

BOO!

MENUS FOR OCTOBER 2017
San Mateo-Foster City School district Child Nutrition Services
 This institution is an equal opportunity provider. Menus are subject to change.

<p>Monday, October 2</p> <p>Breakfast Banana Bread or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Cheese Filled Bread Sticks or BBQ Beef Mimi Rib Sandwich</p>	<p>Tuesday, October 3</p> <p>Breakfast Ultra Cinnamon Toast or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch BBQ Chicken Drumstick with Texas Toast or BBQ Beef Mimi Rib Sandwich</p>	<p>Wednesday, October 4</p> <p>Breakfast Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Breaded Chicken Patty on a Whole Grain Bun or BBQ Beef Mimi Rib Sandwich</p>	<p>Thursday, October 5</p> <p>Breakfast Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Cheese Pizza or BBQ Beef Mimi Rib Sandwich</p>	<p>Friday, October 6</p> <p>No School Today</p>
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9/27/2017

Break begins at the end of classes: Thursday, Oct. 5
 Classes Resume: Monday, Oct. 23