




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**



Menus for March 2018

San Mateo-Foster City School District Child Nutrition Services

This institution is an equal opportunity provider. Menus are subject to change.

Thursday, March 1

Breakfast
Fresh Baked Muffin or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Breaded Chicken Drumstick on Loaded Mashed Potatoes or Chicken Corn Dog

Friday, March 2

Breakfast
Mini French Toast or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza or Chicken Corn Dog

Thursday, March 8

Breakfast
Fresh Baked Muffin or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Spaghetti & Beef Meatballs or Chicken Corn Dog

Wednesday, March 7

Breakfast
Cinnamon Glazed Pancake or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Turkey Pepperoni Stuffed Sandwich or Chicken Corn Dog

Tuesday, March 6

Breakfast
Breakfast Bar or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Breaded Chicken Patty on a Whole Grain Bun or Chicken Corn Dog

Monday, March 5

Breakfast
Banana Bread or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
French Toast Sticks
Beef Sausage Patty or Chicken Corn Dog

Friday, March 9

Breakfast
Mini Waffle or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza or Chicken Corn Dog

AVAILABLE DAILY

Lunch Hof 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

EGG-CELLENT.

Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!



Don't forget to set your clocks forward one hour on Sunday, March 11!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Monday, March 12 Breakfast Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Chicken Nuggets or Beef Cheeseburger	Tuesday, March 13 Breakfast Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Breadcrumbs Popcorn Chicken w/Orange Sauce over Rice or Beef Cheeseburger	Wednesday, March 14 Breakfast Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Macaroni & Cheese or Beef Cheeseburger	Thursday, March 15 Breakfast Mini French Toast or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Cheese Pizza or Beef Cheeseburger
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Brain Ticklers

Where did the leprechaun stay when he went on vacation after St. Patrick's Day?

(Hold the page upside down and read it in a mirror for the answer!)

ju91ebus-couqoi

Monday, March 19 Breakfast Banana Bread or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Cheese Filled Bread Sticks or Chicken Corn Dog	Tuesday, March 20 Breakfast Breakfast Bar or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch BBQ Chicken Drumstick with Texas Toast or Chicken Corn Dog	Wednesday, March 21 Breakfast Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Breaded Chicken Patty on a Whole Grain Bun or Chicken Corn Dog	Thursday, March 22 Breakfast Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Spaghetti & Beef Meatballs or Chicken Corn Dog	Friday, March 23 Breakfast Mini Waffle or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Cheese Pizza or Chicken Corn Dog
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Together, they add up to FUN!

Last day of classes:
Friday, March 30

Classes resume:
Monday, April 16

Monday, March 26 Breakfast Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Chicken Nuggets or Beef Cheeseburger	Tuesday, March 27 Breakfast Mini Pancakes or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Turkey Nachos or Beef Cheeseburger	Wednesday, March 28 Breakfast Breakfast Bun or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Bean and Cheese Burrito or Beef Cheeseburger	Thursday, March 29 Breakfast Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Breaded Chicken Drumstick on Loaded Mashed Potatoes or Beef Cheeseburger	Friday, March 30 Breakfast Mini French Toast or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk Lunch Cheese Pizza or Beef Cheeseburger
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Prepay On-line!

MARCH BIRTHDAYS

Justin Breber (25) -- March 1
 Dr. Seuss (Ted Geisel) -- March 2
 Harriet Tushman -- March 10
 Big Sean (29) -- March 25
 Lady Gaga (31) -- March 28
 Cesar Chavez -- March 31

Breakfasts \$1.50
 Lunches \$2.50

mySchoolBucks.com

The Children's Annex Spring Break April 2-13, 2018

STEAM
science • technology • engineering art • math



★★TK – 5TH GRADE CAMP★★

The fun starts here with your friends at
The Children's Annex Spring Break STEAM Camp!!

Our TK through 5th grade camps give students the opportunity to experience, discover and explore a variety of activities! Our camps focus on weekly themes with related art projects, games, and a fun field trip.

The Children's Annex offers morning and afternoon snack.

Camp Hours: 7 am – 6 pm

Fee: \$300 per week

Camp Locations: Fiesta Gardens Annex 1001 Bermuda Dr. San Mateo
Meadow Heights Annex 2619 Dolores St. San Mateo



Week 1) April 2-6, 2018 Fee: \$300

Field trip: Hiller Aviation Museum in San Carlos

Week 2) April 9-13, 2018 Fee: \$300

Field trip: Chabot Space & Science Center, Oakland

Register Online Today! www.smfcsd.net



Sibling Discount: First child full price. \$30 off each additional child when enrolled in the same week.
Employee Discount: \$30 off each child.



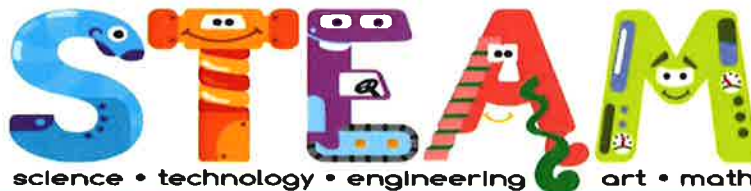
Spaces are limited. Enrollment is on a first come first serve basis. Registration open until filled or before the start of each camp week.
Cancellations: There will be a \$25 charge for drops and we must have a 2 week in advance notification prior to the camp start date in order to process your request. No shows and drops without a 2 week written notification will be charged the full week of camp.

San Mateo Foster City School District | 1170 Chess Drive, Foster City, CA 94404 | rferroy@smfcsd.net | 650-312-7230

The Children's Annex

Campamento de Primavera

Abril 2-13, 2018



****CAMAPAMENTO para TK – 5° GRADO ****

¡La diversión comienza con tus amigos en The Children's Annex!

Nuestros campamentos ofrecen a los estudiantes la oportunidad de experimentar, descubrir y explorar una variedad de actividades. Nuestros campamentos se enfocan en temas semanales con proyectos de arte, excursiones relacionadas y mucho más.



The Children's Annex ofrece bocadillos en la mañana y en la tarde.
Los estudiantes deben traer su almuerzo diariamente.



Horario: 7 a.m. a 6 p.m
Costo: \$300 per week
**Lugar: Annex de Fiesta Gardens Annex 1001 Bermuda Dr, San Mateo
Annex de Meadow Heights Annex 2619 Dolores St. San Mateo**

Semana 1) 2 al 6 de abril, 2018 Costo: \$300
Excursión: Hiller Aviation Museum in San Carlos

Semana 2) 9 a 13 de abril, 2018 Costo: \$300
Excursión: Chabot Space & Science Center, Oakland

Para inscribirse, por favor visite nuestra página web! www.smfcsd.net

Descuento de hermanos: Cuota completa para el primer niño(a), descuento de \$30 en la cuota de cada niño adicional inscrito en la misma semana.
Descuento de empleados: \$30 menos por hijo(a)

Cupo limitado. La inscripción es por orden de llegada. ¡Inscríbase hoy!
Política de cancelación: Habrá un cobro de \$25 por cancelar y necesitamos un aviso por correo electrónico 2 semanas antes del comienzo del campamento. De no asistir o no dar el aviso previo de 2 semanas por escrito, se cobrará la semana completa.

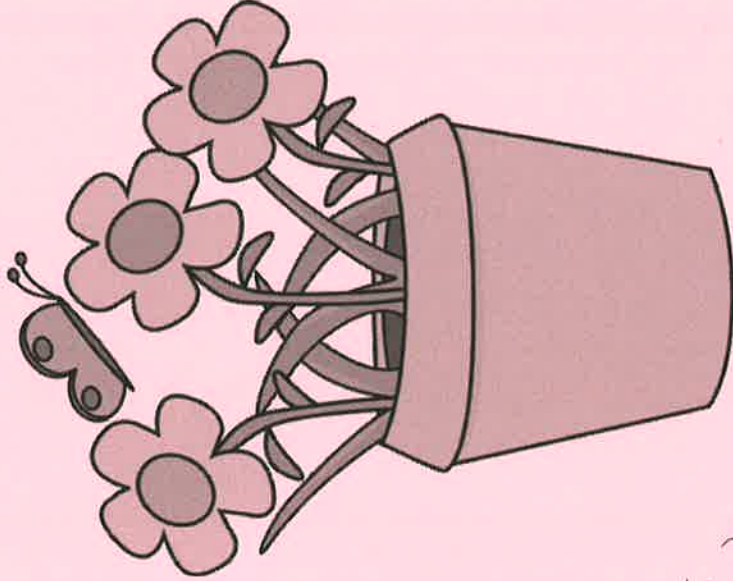
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Highlands Recreation Center SPRING CAMP 2018

Spring Break is here! What will your kids do for the next two weeks?
Send them to Highlands Rec. for two weeks of FUN! Our camp will
be filled with engaging activities like sports, cooking, art,
swimming, and more!

K-8TH GRADE
7:30AM-6PM
CPR/FIRST AID CERTIFIED STAFF
RECREATIONAL SWIMMING
2 DAILY SNACKS

Resident/Non-Resident Fees:	
Daily Fee	\$ 80/85
Field Trip Day Rate	\$ 90/95
Weekly Fee	\$ 340/360



THEME DAYS

Monday 4/2: April Showers, Blooming Flowers
Tuesday 4/3: Colors Of The Wind
Wednesday 4/4: Radiant Rainbows
Thurs 4/5: Field Trip-Rockin' Jump
Friday 4/6: Busy Bunnies

Monday 4/9: Barnyard Bonanza
Tuesday 4/10 Where The Wild Things Are
Wednesday 4/11: Adventureland
Thurs 4/12: Field Trip-Redwood City Movies
Friday 4/13: Springtime Safari

1851 Lexington Ave. San Mateo, CA. 94402
(650) 341-4251 www.highlandsrec.ca.gov

This program is not sponsored by
the San Mateo-Foster City School
District