

From the **DESK** Of Ms. Gibson



08/30/2019

Dear SMS Family

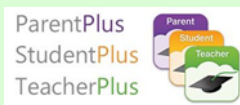
Welcome back again everyone. We are finished our first full week of school and it has certainly been a great start to the 2019-2020 school year. It was wonderful to have all our returning students on campus and also to welcome the new members of our community. Our students are the reason we are here and the reason we do the work we do – we are grateful.

The theme of our year is an exciting one as we encourage all our students, staff and parents to **Imagine** the possibilities, **Create** the difference and **Become** all that we can be. In a world that is changing at a rate unforeseen throughout history, it is imperative that education prepares our students for the challenges ahead. We must not be confined by our “humanness”, we must think “outside the box” in ingenious ways to face the future. We at SMS are ready to take on that challenge.

We want to thank those parents that were able to join us for our **Fall Conference: Celebrating the New School Year**. We have had lots of great feedback about this event happening prior to students coming back to school. Parents have expressed that being able to meet their child’s teachers and bring their child’s supplies ahead of time, really helped reduce the stress that first days of school can bring. We, of course, want to hear from all of you. If you haven’t had the opportunity to **complete the survey** we sent last week, we have it open for your comments until Monday, September 2nd. Here is the link again: <https://eprovesurveys.advanc-ed.org/surveys/#/action/113598/5204>. Please know that your feedback drives change!!



A reminder to all parents to please use your **SMS Identification** to come onto the school campus. We are continuing our security protocol as we did last year. We also encourage you to request the any additional identifications for nannies, chauffeurs, etc. via email. You can simply fill in the form by clicking [here](#). Then, scan the national identification of the individual so that it is a **jpg, jpeg, png, or PDF**. Send both documents to Magdalena Saviñón at msavinon@sms.edu.do. The ID’s will be available for pickup at reception within a day or two. Magdalena will also be available on Tuesday and Thursday mornings from 8:00 – 10:00 to help with creating your identification tags. Thanks so much for your support and help with this important security procedure.

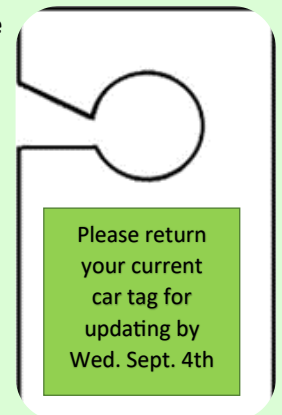


We wanted to let you know that **Plus Portals is now open for you**. You can go in and have a look at your child’s classes and information about their courses. We also ask that you **update any information** about your contacts, such as new places of work, new phone numbers or email addresses, OR physical address that has changed over the summer. We also ask that if your child’s medical information or your emergency contact information has changed, please let the school know immediately by contacting your child’s teacher. Our students’ health and welfare is very important to us. Please trust that this will be kept in confidence and private as we honor the importance of this for your family.



Our Safety and Security committee is working diligently on a drop off and pick up procedure that will hopefully help these times to run a bit more smoothly and efficiently. Part of that is **changing the family car tags to signify the grade**

level (Lower Elementary, Upper Elementary, and Secondary) of the **oldest student from each family**. To facilitate this process, we are asking **all families to bring their current car tags to the school and drop them off at reception or in a container by the entrance gate**. Please have them returned to us by **Wednesday, September 4th**. Thank you so much for your continued support and help with improving our school.



Have a wonderful weekend everyone. It is an absolute pleasure to serve this fabulous school community.

Lynne

Social Emotional Learning

During the Fall Conference, we spoke about the importance of Social Emotional Learning and our exciting work this school year to help students identify their social emotional learning level and to let parents know this as well. We are working with Panorama Education to create surveys for students and teachers that identify the abilities of our students in the important areas of growth mindset, grit and perseverance, social awareness, self-efficacy, emotional management, to name a few.

What is SEL? Why is this so important? I wanted to reiterate the things I mentioned at the Fall Conference.

SEL is defined as:



Here is a short video clip that tells you a bit more:
<https://www.youtube.com/watch?v=ikehX9o1JbI>

To answer why this is so important, please take the time to watch the following video:
<https://www.youtube.com/watch?v=rnBAdnNIIKk>

I have also provided the link in both Spanish and English to a very good article, entitled "The Class of 2030 and life ready learning: the technology imperative". This really speaks to considerations for all educational institutions.

English - https://education.minecraft.net/wp-content/uploads/13679_EDU_Thought_Leadership_Summary_revisions_5.10.18.pdf

Spanish - http://edudownloads.azureedge.net/msdownloads/MicrosoftEducationClassof2030_ES-XL.pdf

We hope you enjoy the videos and articles. If you have any questions or comments about them please don't hesitate to contact me at any time.

Child Protection Policy and Procedure



We have just completed our draft of this important policy and procedure for St. Michael's School. Our teachers have received some initial training and we will continue that training throughout the school year. Part of our commitment to our school community is to provide information to our parent community as well. It is critical that we are all on the same page regarding this important topic.

Our next steps include the final approval of our policy and procedure which will then be posted for parents to read and to learn how the process works at our school. We will then move forward with an information night for parents.

In addition, we will begin our work on developing additional curriculum for all students in Grades 1 through 12. This will be done with a committee of teachers, leadership, and specialists in this area from our community. More information will be provided to parents as we move through the process.

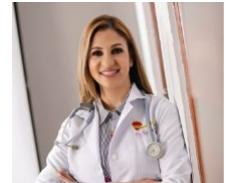
If you have any questions, please contact me. Thank you.



Fruits
Healthy
Wholegrain
Nutritious
Vegetables
Seeds
Lean
Balanced
Superfoods

As you know, we have been working with the Parent Association Nutrition Committee on developing a healthy menu for our school cafeteria. We know how important it is to fuel our students with nutritious, healthy and tasty meals and snacks. This especially fits into our work this year examining the square of our logo, which exemplifies our human body as important and essential to our humanness. Education is about helping students make good choices about their physical health which includes what they put into their bodies as food and drink.

Through consultation with a Clinical Nutritionist, Dr. Maureen Comarazamy, our cafeteria contractor, Lunch Corner, developed a menu of breakfast items, grab and go items, a three week rotation of meals and desserts. This menu is posted for you below and will be placed on Instagram, Our New Website once it is up and running and will be emailed to parents. We will also post the weekly special meal menu in this blog.



We are also working on the next step in the process which will be the opportunity for parents to pre-order food for their children. We will let you know when we are ready to give this a try and what it will look like for your family.

As anything that is new, it may take a little getting used to the new menu but we feel confident that we will see an increase in student and staff wellness, energy and attentiveness as a result. Please feel free to send any questions our way.

Breakfast

- | | |
|---|---|
| M | <ul style="list-style-type: none"> ▶ Egg Baskets-baked eggs in turkey ham "cup" with vegetables ▶ Oatmeal & Banana Pancakes-flourless banana oat pancakes |
| T | <ul style="list-style-type: none"> ▶ Croissant Sandwich-croissant with turkey ham, cheese, lettuce and tomato ▶ Yogurt Parfait with Fruits-yogurt with fruits, granola, chia seeds and flax seeds |
| W | <ul style="list-style-type: none"> ▶ Avo Toast-toast with poached eggs, avocado, tomatoes and leek ▶ Oatmeal with Fruits-prepared with almond milk and served with bananas |
| T | <ul style="list-style-type: none"> ▶ Scrambled Eggs with Sweet Potato Chips-scrumbled eggs with baked sweet potato chips ▶ Venezuelan Arepa-filled with queso crema |
| F | <ul style="list-style-type: none"> ▶ Oatmeal & Banana Pancakes-flourless banana oat pancakes ▶ Croissant Sandwich-croissant with turkey ham, cheese, lettuces and tomato |

Grab & Go

- | | |
|---|---|
| M | <ul style="list-style-type: none"> ▶ Venezuelan Arepa-filled with either turkey ham, mozzarella, guacamole or vegetables ▶ Baked Empanada-baked meat empanada ▶ Greek Salad-lettuce, tomatoes, cucumber, onions, peppers, black olives and feta cheese ▶ Chef's Salad-lettuce, chicken, tomatoes, mozzarella, turkey ham, carrots and boiled egg whites |
| T | <ul style="list-style-type: none"> ▶ Chicken, Beans & Cheese Burrito-Mexican style chicken with "refried" beans and cheese ▶ Valance Pizza-chose pizza prepared on gluten free crust ▶ Caprese Skewers-cherry tomatoes and mini mozzarella with pesto ▶ Italian Salad-lettuce, prosciutto, peppers, parmesan cheese, almonds and cherry tomatoes |
| W | <ul style="list-style-type: none"> ▶ Baked Empanada-baked meat empanada ▶ Mexican Salad-lettuce, lean ground beef, pico de gallo, beans, mozzarella and guacamole ▶ Hummus & Chips-hummus with rosemary-oregano pita chips |
| T | <ul style="list-style-type: none"> ▶ Baked Kibbeh-baked traditional Kibbeh ▶ Valance Pizza-chose pizza prepared on gluten free crust ▶ Fruit Salad-mixed seasonal fruits ▶ Grain Salad- |
| F | <ul style="list-style-type: none"> ▶ Mini Pita Bread Pizza-our traditional pizza on pita bread ▶ Quinoa Tabbouleh-quinoa with tomatoes, onions, leek, parsley and mint ▶ Snack Box-turkey ham, mozzarella and grapes |
- Popcorn-homemade popcorn available everyday Whole Fruit-seasonal fruits available everyday

Meals Week 1

- | | |
|---|---|
| M | ▶ Baked Crispy Chicken with Sweet Potato Chips & Garden Salad |
| T | ▶ Beef Sirloin with Rice and Beans & Sweet Plantain Pastelón |
| W | ▶ Pork Tenderloin with Quinoa Tabbouleh & Grilled Vegetables |
| T | ▶ Mixed Salcocho with White Rice & Avocado Salad |
| F | ▶ Chicken Fajita Wrap with Baked French Fries & Baked Corn Arepitas |

Meals Week 2

- | | |
|---|---|
| M | ▶ Gyro with Baked French Fries & Caprese Salad |
| T | ▶ Chicken Meatballs with Zucchini Noodles & Toasts |
| W | ▶ Steak and Onions with Coleslaw & Rice with Vegetables |
| T | ▶ Oriental Chicken with White Rice & Baked Sweet Plantain |
| F | ▶ Eggplant Rolls with Parmesan Pasta & Fresh Salad |

Meals Week 3

- | | |
|---|---|
| M | ▶ Chicken Ropa Vieja with Rice and Beans and "Fried" Casava |
| T | ▶ Pork Tenderloin with Farfalle & Greek Salad |
| W | ▶ Chicken Ceviche with Grain Salad & Toasts |
| T | ▶ Vegetable Soup with Sweet Plantain Canoe & Caprese Salad |
| F | ▶ Beef Wrap with Baked Sweet Potato & Avocado Salad |

Desserts

- ▶ Essential Bites Banana Bread
- ▶ Essential Bites Chocolate Bread
- ▶ Essential Bites Chewy Cookie Bites
- ▶ Essential Bites Vegan Almond Lemon Sticks
- ▶ Essential Bites Vegan Brownie Cookies
- ▶ Brownies
- ▶ Healthy Cheesecake
- ▶ Strawberry Sorbet
- ▶ Puro Zumo Fruit Popsicles
- ▶ Super Green Smoothie-mixed fruits, cucumbers, green leaves, celery, ginger and mint
- ▶ Mixed Fruit Juice-cantaloupe, pineapple and papaya
- ▶ Hot Cocoa
- ▶ Yogurt
- ▶ Vitamin C Booster-banana, mango, pineapple and carrot
- ▶ Morning Power Smoothie-banana, almond milk, oats and peanut butter
- ▶ Sparkling Water
- ▶ Coconut Water
- ▶ Natural Fruit Juices
- ▶ Powerade

Drinks

What's Happening

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 University of Miami 9:00 a.m. Meeting Room A Interested 11th and 12th grade students	5	6 9 th Grade College and Career Orientation to High School 7:50 a.m. Hub	7
8	9 After School Activities Begin	10	11	12	13 12 th Grade Convivencia	14 12 th Grade Convivencia

Del ESCRITORIO de Ms. Gibson – 30 de agosto

Estimada Familia SMS:

Con mucha alegría les damos la bienvenida a todos. Hemos finalizado nuestra primera semana completa de colegio y este inicio del año escolar 2019-2020 ha sido todo un éxito. Es maravilloso para nosotros poder reencontrarnos con los estudiantes que retornan este año y también darles la bienvenida a los nuevos miembros de nuestra comunidad. Nuestros estudiantes son la razón por la cual estamos aquí y el motivo por el cual realizamos todo este trabajo – estamos muy agradecidos por eso.

La temática de este año es muy motivadora, ya que les estamos invitando a nuestros estudiantes, miembros del personal y a los padres a **Imaginar** las posibilidades, **Crear** la diferencia y **Ser** todo lo que puedan ser. En un mundo que está cambiando a una velocidad nunca antes vista, es imperativo que la educación de nuestros estudiantes se enfoque en los retos por venir. No podemos limitarnos solo a nuestra “humanidad”, debemos pensar “fuera del cajón” sobre maneras ingeniosas de enfrentar el futuro. Nosotros aquí en SMS estamos preparados para desafiar ese reto.

Queremos agradecer a aquellos padres que pudieron asistir a nuestro **“Fall Conference: Celebración del Nuevo Año Escolar”**. Tuvimos muy buena retroalimentación sobre el hecho de que este evento ocurriera antes del regreso a clases de los estudiantes. Los padres nos han expresado que pudieron conocer a los profesores de sus hijos y traer los materiales con anticipación, ayudando así a aliviar el estrés de los primeros días de colegio. Nosotros, por supuesto, estamos interesados en todas sus opiniones. Si no ha podido todavía **completar la encuesta** que enviamos la semana pasada, la misma está todavía abierta hasta el lunes, 2 de septiembre. De nuevo les indicamos el enlace para la misma: <https://eprovesurveys.advanc-ed.org/surveys/#/action/113598/5204>. Tengan por seguro que su retroalimentación es la que motiva el cambio.



Recordamos a todos los padres utilizar la **Identificación SMS** cuando ingresen al campus del colegio. Estamos continuando con el protocolo de seguridad, tal como lo hicimos el pasado año. También queremos pedirles que soliciten vía correo electrónico aquellas identificaciones adicionales que puedan necesitar para sus nanas, choferes, etc. Pueden llenar el formulario simplemente haciendo **“click” aquí**. En el mismo formulario, podrán incluir la cédula de identificación de la persona autorizada en un formato **jpg, jpeg, png o PDF**. Envíen ambos documentos a Magdalena Saviñón a la dirección msavinon@sms.edu.do. Los carnets de identificación estarán disponibles en la recepción luego de uno o dos días. Magdalena estará disponible los martes y jueves de 8:00 a 10:00 a.m. para ayudarles a crear sus carnets de identificación. Muchas gracias por su apoyo y ayuda con este

importante procedimiento de seguridad.



Queremos informarles que **Plus Portals** está ya abierto para ustedes. Pueden ingresar y ver las clases de sus hijos y la información sobre sus materias.

También les pedimos que **actualicen cualquier información** sobre sus contactos, tales como nuevos lugares de empleo, nuevos números de teléfonos, correos electrónicos o dirección de residencia. En caso de que desee cambiar la información médica de sus hijos así como nuevos contactos de emergencia, favor informar de inmediato a su profesor encargado (Homeroom/ Advisor), quienes gestionarán la actualización. La salud y bienestar de nuestros estudiantes es prioritaria para nosotros. Tengan la seguridad que toda esta información será manejada en estricta confidencialidad y privacidad, ya que sabemos la importancia que tiene para su familia.

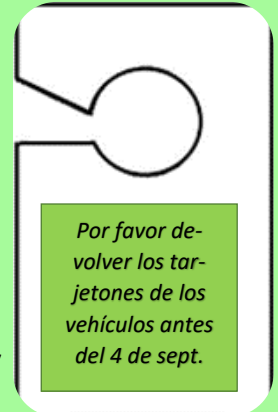


Nuestro Comité de Seguridad está trabajando de manera diligente en un procedimiento para manejar más eficientemente la dejada y recogida de sus hijos en el colegio. Parte de esto es **cambiar los tarjetones de los vehículos para identificar el carro por**

nivel de grado (Lower Elementary, Upper Elementary y Secondary) **del estudiante mayor de cada familia**. Para facilitar este proceso, les pedimos a **todas las familias traer sus tarjetones actuales al colegio y dejarlos en la recepción o en un contenedor que habilitaremos en la puerta de entrada**. Favor retornar estos tarjetones a más tardar el **miércoles, 4 de septiembre**. Muchas gracias por su continuo apoyo y ayuda para mejorar nuestro colegio.

Les deseamos un gran fin de semana a todos. Es un placer absoluto el poder servir para esta admirable comunidad escolar.

Lynne

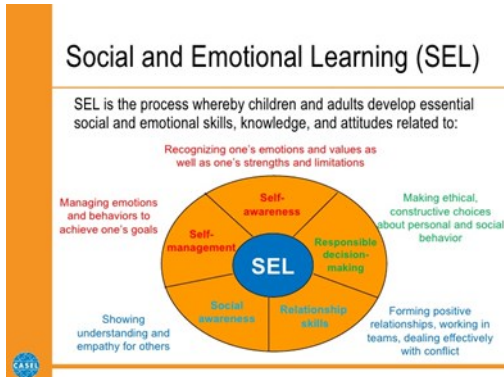


Aprendizaje Social y Emocional

Durante el “Fall Conference” hablamos sobre la importancia del Aprendizaje Social y Emocional (SEL) y del trabajo que vamos a realizar este año para identificar los diferentes niveles de este tipo de aprendizaje en nuestros estudiantes, los cuales también compartiremos con los padres. Estamos trabajando con la herramienta “Panorama Education” para crear encuestas a ser impartidas a los estudiantes y profesores. Esto nos va a permitir identificar las habilidades de nuestros estudiantes en importantes áreas de conciencia social y manejo emocional, entre otros muchos aspectos.

¿Qué es SEL? ¿Por qué es tan importante? Quiero reiterar los puntos que mencioné en el “Fall Conference”:

SEL se define como el proceso en el cual los niños y adultos desarrollan destrezas, conocimientos y actitudes que se conectan a la parte Social y Emocional de su ser. A esto lo llamamos “Social and Emotional Learning (SEL)”.



Aquí podrán ver un video clip corto que les explica algo más sobre el tema: <https://www.youtube.com/watch?v=ikehX9o1JbI>

Para poder entender el por qué esto es tan importante, favor ver el siguiente video: <https://www.youtube.com/watch?v=rnBAdnNIIxk>

A continuación, encontrarán un enlace tanto en español como en inglés, de un excelente artículo titulado “The Class of 2030 and life ready learning: the technology imperative”.

Inglés - https://education.minecraft.net/wp-content/uploads/13679_EDU_Thought_Leadership_Summary_revisions_5.10.18.pdf

Español - http://edudownloads.azureedge.net/msdownloads/MicrosoftEducationClassof2030_ES-XL.pdf

Esperamos que hayan disfrutado los videos y artículos anteriores. Si tienen alguna pregunta o comentario sobre los mismos, favor contactarme a su conveniencia.

Política y Procedimiento de Protección al Menor



Ya tenemos nuestro borrador de esta importante política y procedimiento para St. Michael's School. Nuestros profesores han recibido un entrenamiento inicial y continuaremos entrenándolos a través del año escolar. Parte de nuestro compromiso con la comunidad educativa es también suministrar esta información a nuestros padres. Es crítico que todos estemos en la misma página en relación a este tema tan importante.

Nuestros próximos pasos incluyen la aprobación final de nuestra política, y el envío de la misma a nuestros padres para que conozcan cómo funciona este proceso en el colegio. Luego, más adelante, invitaremos a los padres a una noche informativa.

Además, comenzaremos a desarrollar un currículo adicional para todos los estudiantes de los grados 1ro a 12mo. Esto será realizado mediante un comité integrado por miembros de nuestro equipo de liderazgo, profesores y especialistas en esta área provenientes de nuestra comunidad. Les estaremos informando los detalles próximamente.

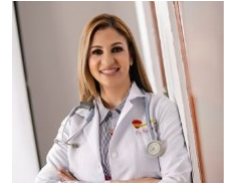
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Fruits
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Como ya saben, hemos estado trabajando con el Comité de Nutrición de la Asociación de Padres en la elaboración de un menú saludable para nuestra cafetería del colegio. Sabemos lo importante que es que nuestros estudiantes traten solo de consumir comida y merienda nutritiva, saludable y sabrosa, a la vez. Esto encaja especialmente en nuestro trabajo de este año en donde estamos examinando el cuadrado de nuestro logo, el cual se enfoca nuestro cuerpo humano como importante y esencial para nuestra humanidad. La educación es necesaria para ayudar a los estudiantes a tomar buenas decisiones sobre su salud física, la cual incluye la comida y bebida que ingieren.

Luego de haber consultada a la Nutricionista Clínica, la Dra. Maureen Comarazamy, nuestro contratista de la cafetería, "Lunch Corner", ha desarrollado un menú de ítems de desayunos, meriendas y una rotación de tres semanas de comidas y postres. Este menú lo podrán ver más abajo y será colocado en Instagram, y próximamente en nuestra nueva página web. De igual forma, será enviado por correo a todos los padres y estaré enviando el menú semanal en este blog.



Estamos también trabajando en el próximo paso del proceso, el cual sería darle la oportunidad a los padres de pre-ordenar los alimentos de sus hijos. Les estaremos informando cuando estemos listos para probar este método y mostrarles cómo esto funcionaría para su familia.

Como todo lo nuevo, quizás va a tomar algo de tiempo acostumbrarse a la innovación del menú; pero nos sentimos confiados que veremos como resultado un incremento general de bienestar, energía y concentración en nuestros estudiantes y personal.

A continuación el nuevo menú:

<h3>Breakfast</h3> <table border="1"> <tr> <td>M</td> <td> <ul style="list-style-type: none"> Egg Baskets-baked eggs in turkey ham "cup" with vegetables Oatmeal & Banana Pancakes-flourless banana oat pancakes </td> </tr> <tr> <td>T</td> <td> <ul style="list-style-type: none"> Croissant Sandwich-croissant with turkey ham, cheese, lettuce and tomato Yogurt Parfait with Fruits-yogurt with fruits, granola, chia seeds and flax seeds </td> </tr> <tr> <td>W</td> <td> <ul style="list-style-type: none"> Avo Toast-toast with poached eggs, avocado, tomatoes and leek Oatmeal with Fruits-prepared with almond milk and served with bananas </td> </tr> <tr> <td>T</td> <td> <ul style="list-style-type: none"> Scrambled Eggs with Sweet Potato Chips-scrambled eggs with baked sweet potato chips Venezuelan Arepa-filled with queso crema </td> </tr> <tr> <td>F</td> <td> <ul style="list-style-type: none"> Oatmeal & Banana Pancakes-flourless banana oat pancakes Croissant Sandwich-croissant with turkey ham, cheese, lettuces and tomato </td> </tr> </table>	M	<ul style="list-style-type: none"> Egg Baskets-baked eggs in turkey ham "cup" with vegetables Oatmeal & Banana Pancakes-flourless banana oat pancakes 	T	<ul style="list-style-type: none"> Croissant Sandwich-croissant with turkey ham, cheese, lettuce and tomato Yogurt Parfait with Fruits-yogurt with fruits, granola, chia seeds and flax seeds 	W	<ul style="list-style-type: none"> Avo Toast-toast with poached eggs, avocado, tomatoes and leek Oatmeal with Fruits-prepared with almond milk and served with bananas 	T	<ul style="list-style-type: none"> Scrambled Eggs with Sweet Potato Chips-scrambled eggs with baked sweet potato chips Venezuelan Arepa-filled with queso crema 	F	<ul style="list-style-type: none"> Oatmeal & Banana Pancakes-flourless banana oat pancakes Croissant Sandwich-croissant with turkey ham, cheese, lettuces and tomato 	<h3>Grab & Go</h3> <table border="1"> <tr> <td>M</td> <td> <ul style="list-style-type: none"> Venezuelan Arepa-filled with either turkey ham, mozzarella, guacamole or vegetables Baked Empanada-baked meat empanada Greek Salad-lettuce, tomatoes, cucumber, onions, peppers, black olives and feta cheese Chef's Salad-lettuce, chicken, tomatoes, mozzarella, turkey ham, carrots and boiled egg whites </td> </tr> <tr> <td>T</td> <td> <ul style="list-style-type: none"> Chicken, Beans & Cheese Burrito-traditional style chicken with "refried" beans and cheese Valance Pizza-cheese pizza prepared on gluten free crust Caprese Skewers-cherry tomatoes and mini mozzarella with pesto Italian Salad-lettuce, prosciutto, peppers, parmesan cheese, almonds and cherry tomato </td> </tr> <tr> <td>W</td> <td> <ul style="list-style-type: none"> Baked Empanada-baked meat empanada Mexican Salad-lettuce, lean ground beef, pico de gallo, beans, mozzarella and guacamole Hummus & Chips-hummus with rosemary-oregano pita chips </td> </tr> <tr> <td>T</td> <td> <ul style="list-style-type: none"> Baked Kibbeh-baked traditional kibbeh Valance Pizza-cheese pizza prepared on gluten free crust Fruit Salad-mixed seasonal fruits Grain Salad- </td> </tr> <tr> <td>F</td> <td> <ul style="list-style-type: none"> Mini Pita Bread Pizza-traditional pizza on pita bread Quinoa Tabbouleh-quinoa with tomatoes, onions, leek, parsley and mint Snack Box-turkey ham, mozzarella and grapes </td> </tr> </table> <p style="font-size: small; text-align: center;"> Poppcorn-homemade popcorn available everyday Whole Fruit-seasonal fruits available everyday </p>	M	<ul style="list-style-type: none"> Venezuelan Arepa-filled with either turkey ham, mozzarella, guacamole or vegetables Baked Empanada-baked meat empanada Greek Salad-lettuce, tomatoes, cucumber, onions, peppers, black olives and feta cheese Chef's Salad-lettuce, chicken, tomatoes, mozzarella, turkey ham, carrots and boiled egg whites 	T	<ul style="list-style-type: none"> Chicken, Beans & Cheese Burrito-traditional style chicken with "refried" beans and cheese Valance Pizza-cheese pizza prepared on gluten free crust Caprese Skewers-cherry tomatoes and mini mozzarella with pesto Italian Salad-lettuce, prosciutto, peppers, parmesan cheese, almonds and cherry tomato 	W	<ul style="list-style-type: none"> Baked Empanada-baked meat empanada Mexican Salad-lettuce, lean ground beef, pico de gallo, beans, mozzarella and guacamole Hummus & Chips-hummus with rosemary-oregano pita chips 	T	<ul style="list-style-type: none"> Baked Kibbeh-baked traditional kibbeh Valance Pizza-cheese pizza prepared on gluten free crust Fruit Salad-mixed seasonal fruits Grain Salad- 	F	<ul style="list-style-type: none"> Mini Pita Bread Pizza-traditional pizza on pita bread Quinoa Tabbouleh-quinoa with tomatoes, onions, leek, parsley and mint Snack Box-turkey ham, mozzarella and grapes 													
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What's Happening

Septiembre

Dom	Lun	Mar	Mié	Jue	Vie	Sab
1	2	3	4 <i>Universidad de Miami 9:00 a.m. Sala de reuniones A Estudiantes interesados de los grados 11 y 12</i>	5	6 <i>Orientación universitaria y profesional de 9th grado a la Secundaria 7:50 a.m. Hub</i>	7
8	9 Inicio After School Activities	10	11	12	13 <i>Convivencia 12th Grado</i>	14 <i>Convivencia 12th Grado</i>