



Babylon Food & Nutrition Services
 "Creating healthy meal choices"
 October 2017- Elem. & Grade



Ms. Nancy Padrone, MA, RDN, SNS, CDN
 Director Food & Nutrition Services
 Food & Nutrition Office: 631-893-7949
 npadrone@babylonufsd.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 All Beef Frankfurter on WG Bun Or Chicken Nugget Wrap</p> <p>Sauerkraut Vegetarian Baked Beans</p> <p>Chilled Applesauce</p>	<p>3 GF Roasted Chicken or Ham & Cheese Melt on Bagel</p> <p>Sauté Broccoli Oven Baked Fries</p> <p>Assorted Fruits</p>	<p>4 Meatballs & Gravy over Egg Noodles or Cheese Pizza</p> <p>Chickpea Salad Glazed Carrot Slices</p> <p>Applesauce</p>	<p>5 Popcorn Chicken with Brown Rice Or Sliced Turkey and American Cheese with Lettuce on WG Bun Vegetable Egg Roll Sauté Green Beans</p> <p>Chilled Mandarin Oranges</p>	<p>6 Home-style Pizza with Cheese or Chicken Nuggets</p> <p>Dark Green Mixed Salad with Dressing Sauté Spinach</p> <p>Assorted Fruits Canned and Fresh</p>
<p>9 COLUMBUS DAY SCHOOLS CLOSED</p> <p>GF- GLUTEN FREE ENTREE WG-WHOLE GRAIN ♥ HOME STYLE</p> <p>ALL FRUITS & VEGETABLES ARE GLUTEN FREE</p>	<p>10 Chicken Pattie on Bun Plain or Hot & Spicy or Panther Parfait</p> <p>Tossed Salad Corn</p> <p>Chilled Pineapple</p>	<p>11 ♥ Pasta with Tomato Sauce and Beef Meatballs or Assorted Pizza Selection</p> <p>Italian Bread Cauliflower Carrot Slices</p> <p>Assorted Fresh Fruit</p>	<p>12 ♥ Panther McMuffin (eggs, ham, cheese on English Muffin) Or Tacos & Toppings</p> <p>Oven Baked Fries Green Bean Salad with Dressing</p> <p>Chilled Peaches</p>	<p>13 French Bread Cheese Pizza or Chicken Nuggets</p> <p>Dark Green Mixed Salad with Dressing Sauté Spinach</p> <p>Assorted Fruits- Canned and Fresh</p>
<p>16 Beef Burger Plain or with Cheese on WG Bun or ♥ Chicken Caesar Salad with Sliced Italian bread</p> <p>Oven Baked Fries Baked Vegetarian Beans</p> <p>Chilled Applesauce</p>	<p>17 ES-GINO'S PIZZA GS ♥ Nachos Grande Beef, Cheese, Lettuce, Salsa and Sour Cream with Tostido Scoops Or Panther Parfait Spanish Beans & Rice Sauté Carrots Fresh Fruit</p>	<p>18 LUCKY TRAY DAY Tomato Soup ♥ Rainbow Grilled Cheese with American and Mozzarella Cheeses on WG Bread Or Sliced Turkey & Cheese Wrap Roasted Broccoli Frozen Fruit Juice Cup</p>	<p>19 ♥ Baked Macaroni and Cheese With WG Biscuit Or Panther Parfait</p> <p>Green Bean Salad Corn Niblets</p> <p>Assorted Fresh and Canned Fruits</p>	<p>20 ♥ Home-style Pizza with Cheese or Chicken Nuggets</p> <p>Dark Green Mixed Salad with Dressing Sauté Spinach</p> <p>Assorted Fruits- Canned and Fresh</p>
<p>23 Mozzarella Sticks and Meatballs with WG Pasta & Tomato Sauce or Chicken Meatball Hero Green Bean Salad w/ Dressing Lettuce & Tomato</p> <p>Peaches</p>	<p>24 GS- GINO'S PIZZA ES ♥ Chicken Fajita Wrap with Salsa, Lettuce & Tomato Or Panther Parfait Sauté Spinach Plantains Churro</p> <p>Pineapple Tidbits</p>	<p>25 Mini- Burger Slider Sandwiches Plain or with Cheese or Cheese Pizza Sweet Potato Bites</p> <p>Vegetarian Baked Beans</p> <p>Mixed Fruit Cup</p>	<p>26 Brunch for Lunch French Toast Sticks With Egg Scramble (eggs, ham & cheddar) Or Tacos with Toppings Roasted Cauliflower-Hash Browns</p> <p>Apple Slices</p>	<p>27 Stuffed Crust Cheese Pizza Or Chicken Nuggets Romaine, Tomato, Radishes, Cucumber & Carrot Salad with Yogurt Dressing</p> <p>Assorted Fruit</p>

Lunch includes:
 Entrée
 Grain
 Vegetable
 Fruit
 Milk
 Lunch: \$2.75
 Reduced price—\$.25

Available daily:
 Panther Shaker
 Salads
 Ham or Turkey
 Sandwich
 Mini Bagel Lunch
 Panther Pac Fruit & Cheese or Yogurt Lunch

LOOK FOR OCTOBER
 30 & 31 MENUS ON
 OUR NOVEMBER
 MENU



Nutrition News

**Babylon Food &
Nutrition Services**

**Eat Well, Be Well
OCTOBER 2017**

Panther's Breakfast Corner

**BREAKFAST STARTS YOUR DAY
BE READY, BE PREPARED EACH DAY TO LEARN, PLAY AND BE WELL NOURISHED
HAVE YOUR FIRST MEAL OF THE DAY AT SCHOOL.**

Breakfast includes— entrée, fruit, fruit juice and milk \$1.50 reduced price \$.25

Monday: *Bagel with Egg or Cereal & Muffin, Fresh Fruit, Fruit Juice, Milk*

Tuesday: *French Toast Sticks or Cereal & Muffin, Raisins, Fruit Juice, Milk*

Wednesday: *Breakfast Pizza or Cereal & Muffin, Craisins, Fruit Juice, Milk*

Thursday: *McPanther Sandwich- (Sausage , Cheese & Egg on Bagel) or Cereal & Muffin, Fruit Cup, Fruit Juice, Milk*

Friday: *Waffles with Syrup or Cereal & Muffin, Apple Slices, Fruit Juice, Milk*



Choice of Milk served daily with breakfast and lunch:
Low Fat 1% White , Fat Free White, Fat Free Chocolate
Menu subject to change

CONDIMENTS

Ketchup packet-3g
LT Ranch Dressing(2tbs)-6g
LT Italian Dressing(2tbs)-2g
Honey Mustard Dressing(2tbs)-4g
Syrup(1oz)-25g
Salsa(2tbs)-2g

BEVERAGES

LF 1% White Milk(8oz)-13g
FF Chocolate Milk (8oz)-22g
FF Strawberry Milk(8oz)-22g
Skim Milk (8oz)-13g
Orange Juice(4oz)-12g
Apple Juice(4oz)-14g
Fruit Punch(4oz)-15g
Grape Juice(4oz)-19g
LF Yogurt-16g

ENTRÉE

Macaroni & Cheese(2/3c)-28g
Pasta/ Meatballs/Sauce 25 g
Pizza Crunchers w/ Spagh(1/2 c) & Sauce-62g
French Bread Pizza-33g
Mozz. Sticks w/ Spagh(1/2c) & Sauce-52g
Whole Wheat Cheese Pizza-29g
Beef Nachos with scoops & toppings-27g
Cheese Beef Burger on WG Bun-28g
Mini- Burger Slider with Cheese-31g
Tacos w/ Scoops & Toppings-24g
Turkey Ham & Cheese Melt -31g
Chicken Nuggets-15g
Grilled Chicken Pattie on WG Bun-26g
Oven Roasted Chicken-10g
Popcorn Chicken, Rice(1/2c) & Sauce-55g
Chicken Pattie on WG Bun-38g
Hot & Spicy Chicken Pattie on WG Bun-37g
Tuna Salad Wrap-35g
Grilled Cheese Sandwich-32g
Yogurt-16g

VEGETABLES

Broccoli & Cauliflower(1/2c)-5g
Hash Browns-17g
Mashed Potatoes(1/2c)-14g
Mixed Bean Salad(1/2c)-15g
Mixed Vegetables(1/2c)-10g
Oven Roasted Potatoes(1/2c)-19g
Peas(1/2c)-12g
Peas & Carrots(1/2c)-15g
Peas & Corn(1/2c)-15g
Potato Rounds(1/2c)-20g
Rice & Beans(3/4c)-30g
Butternut Squash(1/2c)-9g
Plantains-22g
Zucchini-2g
Broccoli(1/2c)-5g
Carrots(1/2c)-4g
Corn(1/2c)-17g
Sweet Potato Bites(11each)-21g
Vegetable Egg Roll-22g
Vegetarian Baked Beans(1/2c)-36g

GRAIN

Churro-6g
Pasta Salad(1/2c)-22g
Spanish Rice(1/2c)-14g
Steamed Brown Rice(1/2c)-22g
WW Club Roll-41g
WW Kaiser Roll-28g
WW Torpedo Roll-48g
WG Biscuit-29g
WG Bread-17g
WW Hamburger Bun-25g
WG Tortilla - 10inch-35g
WG Tortilla - 8inch-19g
WW Bagel-59g
WW Bread-12g
WW Frankfurter Roll-23g
WW French Bread-15g
Slider Buns (2)-28g
Rice&Beans(3/4c)-30g
Pasta(1/2c)-19g
Tostido Scoops Bag-19g

Looking to earn \$\$\$\$ while your children learn- Dept. of Food & Nutrition is hiring food service workers call 631-893-7949 for application and information

This institution is an equal opportunity employer and provider.

Babylon Union Free School District



Mrs. Linda J. Rozzi
Superintendent of Schools

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www.babylonschools.org

September, 2017

Dear Parents & Guardians,

Our school year is smoothly underway and our students are back in their academic and social routines. I send this letter annually to remind everyone that the safety of our schools is always our main priority. I wish to begin by thanking each and every adult who has firmly abided by our security procedures in showing appropriate identification upon entering all buildings. Our attention to procedures ensures the safety of every child and adult in our organization.

Each summer, Central Office leaders meet with Principals to discuss, evaluate and update our District and individual school building *Emergency Response Plans*. The Babylon UFSD has developed comprehensive procedures to implement in the event of any crisis inside or outside of our school buildings. Essentially there are three drills youngsters and staff practice in the event of an emergency. They are as follows:

Fire/Gas/Chemical Evacuation Drill - Most of us are familiar with the fire drill, the most common exercise in evacuating a building. Should there be an emergency inside of a school building that requires everyone to vacate the premises, a fire alarm bell rings and all students and staff exit the building according to previously established egress routes. Hence, the fire drill is practice for an evacuation due to such real events as an actual fire, gas leak, chemical spill or bomb scare.

Shelter-In Drill - If there is an emergency occurring outside of the school building, all external doors and windows into the building remain locked and secured. No one will be allowed into the building during the Shelter-In drill, except for First Responders (*Police, Fire Dept., EMTs*) and the "Shelter-In" drill will not be lifted until deemed safe to do so by the Suffolk County Police Department. Reasons that we might have to shelter-in our students would be police pursuit of a suspect in our area, a suspicious person reported in the vicinity or a wild animal on the loose.

Lock-Down Drill - When there is an emergency inside of a building that poses an immediate and substantial threat, 911 will be called immediately. This would include an intruder in the building or an unauthorized visitor with unknown intent. All staff will lock the doors to classrooms, offices, gymnasium and cafeterias. With lights turned off, students will be moved out of sight to the back corner of the classroom, or into supply closets, bathrooms or storage areas. Once secured, everyone will await further instructions from First Responders.

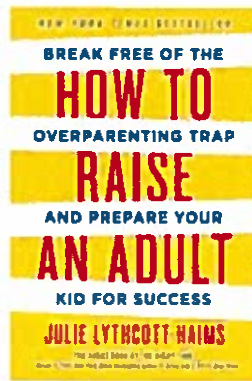
Each September, our schools review and practice what to do in all three types of emergencies. We want all children, from kindergarten to 12th grade, to know that what they are practicing will give them the knowledge and confidence to react quickly and calmly in any crisis. Our faculty and staff are also well-equipped to lead and direct their students in case of an emergency. We all take these drills very seriously.

In the case of a real scenario, parents would be informed in an expedited manner via *school messenger*. It is important for parents to remember that at such a time, it is not a good idea to come down to the school, for their own safety as well as that of First Responders. Your children will be safe in school and you will be given updated information in a timely way. If you desire to pick them up from school, we will inform you as to when, where and how, as soon as the Shelter-in or Lock-down has been lifted by the police.

Please make sure that we always have your most up-to-date phone numbers (*home, work and cell*) and e-mail addresses so that you will always receive important information in the event of an emergency. It is critical that we be proactive rather than reactive in these circumstances, as a safe learning environment promotes the ultimate gateway to academic and social success of all students.

Very truly yours,

Mrs. Linda J. Rozzi
Superintendent of Schools



Join Superintendent Rozzi this year as we collectively explore the book *How to Raise an Adult* by Julie Lythcott-Haims. Together we will explore our own personal and suggested practices in raising mindful, self-sufficient young adults.

Through our community collegial circle, we'll enjoy some familiar reflection and laughter as we scrutinize a society that tends to place so much stress on "parenting perfectly" and uncover the hidden gems that help our children develop a true sense of self-worth, along with a sense of empathy, resilience, resourcefulness, and inner determination necessary for personal success. All are welcome to attend and refreshments will be served.

Meeting Times: 6:00 p.m. – 7:00 p.m.

Place: Babylon High School Library

Dates:

Thursday, November 16th, 2017:
Introduction, Ted Talk, and "Getting to Know One Another"

Tuesday, December 12th, 2017: Chapters 1, 2, & 3

Thursday, January 11th, 2018: Chapters 4, 5, 6

Thursday, February 15th, 2018: Chapters 7 & 8

Monday, March 5th, 2018: Chapters 9, 10 & 11

Tuesday, April 17th, 2018: Chapters 12, 13 & 14

Paperback copies of the book in advance of our first book club session can be found in your local Barnes & Noble bookstore or through Amazon. We hope your time allows you to join us!



Calling all 3rd & 4th graders!!!!!!!



Friday October 13th

**B M G F a l l F u n N i g h t
G L O W P a r t y**



7:00 - 9:00 pm



DJ! Crafts!! Games!!

Photo booth!!!!

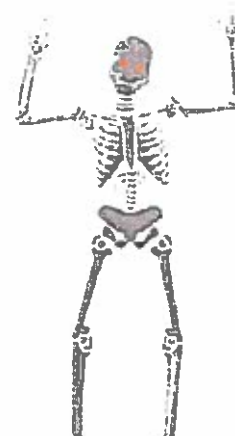
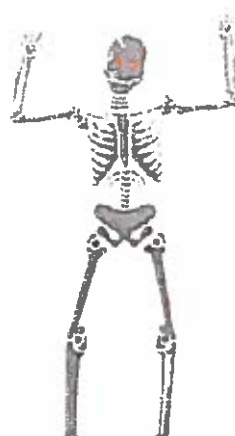
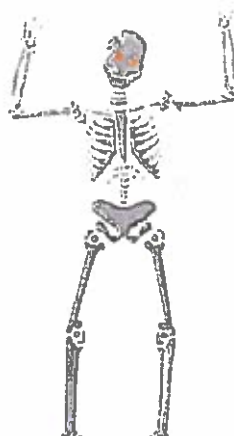
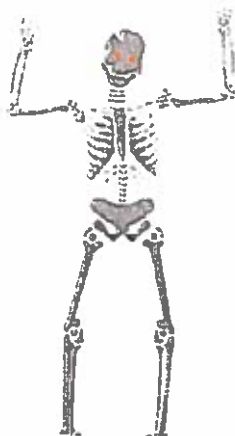
Wear your costumes!!!!

Dancing!!!!

this is NOT a Drop Off event



**Come kick off Fall with a night of
Fun and Friends!!!**





If you shop at Stop & Shop, please take 5 minutes to register your Stop & Shop rewards card = free cash for our school!

Babylon Elementary #07256

Babylon Memorial Grade School #11452

Beginning October 6, 2017 through March 15, 2018 we have the opportunity to earn cash through the Stop & Shop A+ School Rewards Program. All you have to do is:

- Log on to www.stopandshop.com/aplus to designate our school online using your Stop & Shop Card.
- **OR**, E-mail me your card number, the first 3 letters in your last name and which or both schools you would like to choose to babylonptatreasurer@gmail.com

If you don't know your card number, you can also call the A+ Hotline at 1-877-275-2758 for assistance.

Remember: If you registered your card last year, you DO NOT need to re-register this year. You can visit the website to verify correct school assignment. Also, don't forget to encourage your friends and relatives to do the same. It could mean more CASH for our school.

After you register your card, each shopping trip at Stop & Shop using your Card earns CASH for our school. Each month, the amount of CASH awarded will be updated on the Stop & Shop A+ website. You can track the amount of points you earn for our school by checking your grocery receipt and online when you create an account at www.stopandshop.com. Our school will receive a check at the end of the program and the money can be used for any of our school's educational needs.

Last year, we raised \$2000 (free cash!) which was used to purchase a ton of recess equipment & games for BES & BMGS!

Thanks for supporting our school.

Angela Campagna

Babylon PTA

Stop & Shop A+ Co-ordinator



**Special
Olympics**
New York

5th Annual 5k Zombie Race & Fall Family Festival

Saturday, November 4th, 2017

Massapequa PAL Field

Registration begins at 8:30am / Race begins at 10:30am

What is the 5k Zombie Race?

It is a 5k trail run with obstacles on this run... *zombies*. Each runner will start off with a flag belt and three flags. *These flags represent runner lifelines*. Zombies throughout the course will be attempting to take these one at a time. If a runner finishes the race with at least one flag, they've survived, *but* if zombies have taken all of a runner's flags, while the runner can still complete the race, they will not be eligible for awards.

Escape the Virus! There are two runner divisions, "All You Can Eat," a non-competitive flight and "Fast Food," a competitive flight.

Join the Mob! Zombies can be "Hunters" who are allowed to chase runners for a short distance or "Crawlers" who can walk, stumble, shuffle or band together to strategically remove flags. Each zombie will be transformed in our Mob Tent.

How do I get started?

Log onto www.therundead.org/longisland and click the **Register Here** button.

Did you know?

Special Olympics New York has **68,547 athletes** training and competing year-round in 22 Olympic-style sports. Our athletes and their families are **NEVER CHARGED** to participate! It costs \$400 to support training and competition for one athlete for one sports season.



Sign up today! www.therundead.org/longisland

Like us on Facebook: facebook.com/rundeadlongisland

Follow us on Instagram @rundeadlongisland #rundeadlongisland

Contact Information: Tyler Russell at trussell@nyso.org or 631.254.1465 ext. 4205

THE DISTRIBUTION OF THIS FLYER IS A COURTESY EXTENDED BY THE SCHOOL DISTRICT. THESE PROGRAMS ARE NOT SPONSORED BY THE SCHOOL DISTRICT, NOR DOES THE SCHOOL DISTRICT ACCEPT RESPONSIBILITY FOR ANY OF THESE ACTIVITIES

NOVEMBER CHILDREN'S ROOM HAPPENINGS
REGISTRATION FOR NOVEMBER PROGRAMS WILL BEGIN ON
MONDAY, OCTOBER 2ND @ 9:30 AM. EITHER BY PHONE, IN
PERSON, OR ONLINE WITH YOUR CHILD'S BABYLON LIBRARY CARD.
PLEASE NOTE AGE REQUIREMENTS.
REGISTRATION IS REQUIRED UNLESS OTHERWISE NOTED.

OUT-OF-DISTRICT RESIDENTS MAY REGISTER FOR PROGRAMS WITH
AN ASTERISK (*) TWO WEEKS AFTER REGISTRATION HAS BEGUN,
IN PERSON ONLY, USING A CHILD'S LIBRARY CARD.

***Zumbini**

For 3 months to 4 years with parent/caregiver
Thursday, November 2~10:30-11:30am
Dance. Music. Play.

***Dance with me**

For 18-35 months with parent/caregiver
Saturday, November 4~2-2:45pm
Dance. Dance. Dance.

***Inchworms**

2s&3s with parent/caregiver
Mondays, November 6, 13, 20~10-10:30am
Stories. Crafts. Music.

***Autumn Art Starts**

For 2-5 years old with parent/caregiver
Thursday, November 9~11:30-12:30pm
Art. Play. Messy.

***Let's Make Pumpkin Pie**

For families with kids up to 5th grade
Saturday, November 18~ 2-3:00pm
Yummy. Yum. Yum.

Drop-in Thanksgiving Crafts

For Pre-K to 5th grade
Tuesday, November 21~3:30-4:30pm

***My First Storytime**

6 to 23 mos. with parent/caregiver
Fridays, November 3, 17~10-11:00am
Stories. Songs. Play.

***Let's Dance**

For ages 3-5 years old
Saturday, November 4~3-4:00pm
Dance. Dance. Dance.

***Get Along Gang**

For 3s, 4s, 5s not yet in kindergarten
Wednesdays, November 8, 15~1-1:45pm
Stories. Crafts.

***Computer/Internet Safety Workshop**

{For parent/caregiver}
Tuesday, November 14~7-8:00pm

***Movie-A Charlie Brown Thanksgiving**

For families with kids up to 5th grade
Monday, November 20~6:30-7:30pm

Drop-in and Play

6 to 23 months with parent/caregiver
Friday, November 24~10-12:00pm

