

# The Swan

September 16, 2022

## UPCOMING EVENTS

**September 20**

School Board Meeting  
SRMCS School Board Mtg. @5:30

**September 23**

PTO Event  
Deer Lake Orchard  
5 – 8 pm

**October 8<sup>th</sup> and 9<sup>th</sup>**

Kindness in Chalk at SRMCS

**October 10<sup>th</sup>**

Picture Day

## Enclosed documents

Deer Lake Orchard Flyer

October Lunch Menu –  
Due September 20<sup>th</sup>

“The greatest gifts we can give our children are the roots of responsibility and the wings of independence.”

- Maria Montessori

Dear Swan River Parents,

Our students are beginning to “normalize” in their new environments. This has been a wonderful process to witness. Montessori students learn how to take care of themselves and their environment. Our students help wash tables, organize shelves, prepare meals, and many other tasks. They are starting to understand the value of being part of their community. At home, I encourage you to create an environment that helps your child become more independent. For example, younger children can peel vegetables, fold their clothes and care for their pets. Older children can take out the recycling, help with home repair, and read to younger siblings. These are just a few examples of ways your children can learn to take care of themselves and their home environment. I encourage all of you to continue your child’s Montessori education at home.

Annette Vemuri  
Director

## Updates

### Community Center Memberships

The school board had a meeting with the community center and they are negotiating a contract.

### School Start Time

School starts at 8:55

Morning Carpool – 8:40 to 8:50. In the event that you arrive after carpool ends, please sign your student in at the office

We are accepting resumes for substitute assistants, paraprofessionals and teachers

Join us at

# Deer Lake Orchard

1st PTO Event of the year for  
Swan River Families

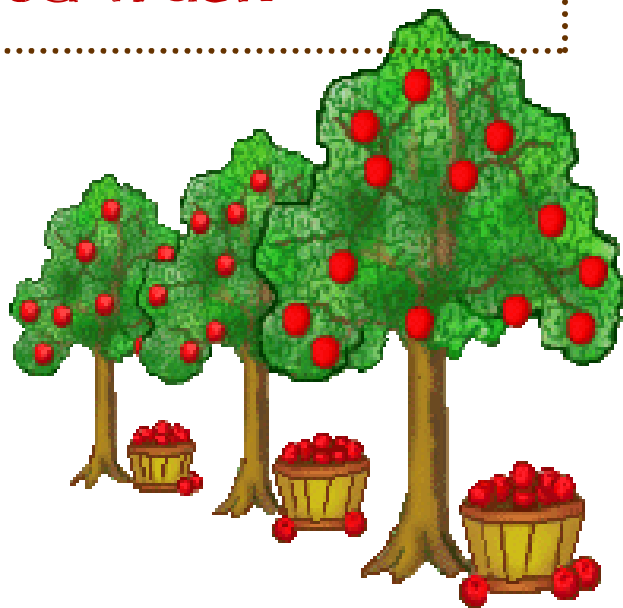
Friday Sept. 23 - 5:00 - 8:00pm

Have fun with

- . Hayrides
- . Farm Animals
- . Corn Maze
- . S'Mores
- . Bonfire
- . Jump Pillow
- . Goldie's Café Food Truck

\$5 per child

pay to the orchard when you arrive  
(parents & kids under 2 are free)





# Swan River Montessori Lunch Menu

## October 2022

\*All menu items are subject to change.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Sandwich Option**

**Monday - Turkey + Cheddar on a W.G. Bun**

**Tuesday - Chicken + Cheddar Wrap with Ranch**

**Wednesday - Turkey Sub on a W.G. Bun**

**Thursday - Turkey Ham + Swiss on a W.G. Bun**

**Friday - Chicken Caesar Wrap**

**\*All sandwiches served With fruit & vegetable of the day.**

**Salad Options**

**Monday - Chef Salad**

**Tuesday - Beef Taco Salad**

**Wednesday - Chicken Mandarin Salad**

**Thursday - Chicken Caesar Salad**

**Friday - Beef Taco Salad**

**\* All salads served with breadstick and fruit of the day.**

W.G. Chicken Nuggets 3 BBQ Sauce Baby Carrots Red Apple Sun Chips Milk	W.G. Penne Pasta with Italian Meat Sauce 4 Mixed Green Salad with Creamy Italian Dressing Salad Topping Pineapple Tidbits W.G. Garlic Bread Stick Milk	Chicken Breast in a Chicken Gravy 5 Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk	W.G. Chicken Corn Dog 6 Sliced Cucumbers Red Grapes Creamy Macaroni Salad Milk	W.G. Soft Beef Taco x2 7 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Orange Tortilla Chips + Salsa Milk
W.G. Chicken Tenders 10 BBQ Sauce Seasoned Brown Rice Baby Carrots Red Apple Milk	Sliced Chicken Alfredo with W.G. Penne Pasta 11 Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk	Swedish Meatballs 12 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	Wild Rice Hot Dish with Sliced Chicken 13 Fresh Broccoli Golden Apple W.G. Garlic Bread Stick Milk	Cheese Burger on a W.G. Bun 14 Ketchup Cowboy Beans Sliced Zucchini Orange Milk
BBQ Chicken on a W.G. Bun 17 Baby Carrots Fresh Pear Sun Chips Milk	Meatloaf Baked in a Tomato Beef Gravy 18 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	19 <b>Fall Break</b>	20 <b>Fall Break</b>	21 <b>Fall Break</b>
W.G. Chicken Patty on a W.G. Bun 24 BBQ Sauce Seasoned Brown Rice Baby Carrots Red Apple Milk	W.G. Cheese Pizza 25 Mixed Green Salad with Creamy Italian Dressing Salad Topping Red Grapes Milk	Chicken Breast in a Garlic Cream Sauce 26 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	Italian Meatballs on a W.G. Coney Bun 27 Shredded Cheese Fresh Broccoli Fresh Pear Sun Chips Milk	W.G. Soft Chicken Taco x2 28 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Orange Tortilla Chips + Salsa Milk
Sloppy Joe on a W.G. Bun 31 Baby Carrots Red Apple Sun Chips Milk				

# Hot Lunch Order Form October 2022

All families wishing to order hot lunch

**MUST submit this completed order form by September 20th.**

1. Please fill in each student's name and teacher
2. Circle your meal selection (see instruction sheet) **SW=Sandwich, HT=Hot meal, SD=Salad**
3. All lunches ordered come with one milk.
3. If you would like to order milk only or a second milk, put the total at the bottom of the sheet.
4. Complete totals at bottom of page. Make checks payable to SRMCS.

**Student's Name:** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
3) SW / HT / SD	4) SW / HT / SD	5) SW / HT / SD	6) SW / HT / SD	7) SW / HT / SD
10) SW / HT / SD	11) SW / HT / SD	12) SW / HT / SD	13) SW / HT / SD	14) SW / HT / SD
17) SW / HT / SD	18) SW / HT / SD	19) NO SCHOOL	20) NO SCHOOL	21) NO SCHOOL
24) SW / HT / SD	25) SW / HT / SD	26) SW / HT / SD	27) SW / HT / SD	28) SW / HT / SD
31) SW / HT / SD				

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Lunches ordered **1st - 6th grade**:..... X\$3.45 each = \$ \_\_\_\_\_

Lunches ordered **EC & Kindergarten**:..... X\$3.15 each = \$ \_\_\_\_\_

Milk only or 2nd milk purchases:..... X\$ .30 each = \$ \_\_\_\_\_

**Total due \$** \_\_\_\_\_

<b>OFFICE USE ONLY</b>	Check Total: _____	Check # _____	Date Paid _____
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