



HOME OF THE  
MOUNTAIN LIONS

A PUBLICATION OF THE MOUNTAIN VIEW ELEMENTARY PTA

# THE PRIDE

OF MOUNTAIN VIEW

February 2009

## Principal's Corner

Dear Parents,

I'm amazed that we are a month into the second half of our school year already. As I have been outside opening car doors for our students lately, a review of safety procedures seems timely and appropriate.

**In order to expedite carpool in the safest and most efficient manner, we ask that you abide by these guidelines:**

1. Please drive slowly.
2. Do not drive through the bus area during drop-off and pick-up times.
3. Stay in a single line, and do not pass for safety reasons.
4. Watch for instruction signs, and drive to the front of the drop-off area to allow as many students to enter/exit their vehicles as possible.
5. Do not let students out of your vehicle until you are in the drop-off area, staffed by Mountain View personnel.
6. Students must enter/exit their vehicles on the passenger side ONLY.
7. Parents, please do not get out of your cars. If you need to come inside or assist your child, park your car and escort your student inside.
8. Make sure student materials are secure before exiting the vehicle.
9. Please allow extra time during inclement weather.

### **Morning Drop-off Reminders**

- School doors open at 7:20 a.m., which is when car riders may begin unloading in the carpool area.
- Students are tardy if not in their classrooms by the 7:55 a.m. bell. If your child is tardy, please park your car and escort your child to the office for late check-in.
- You may not drop off students at the community center or in the parking lot. All students must be accompanied by an adult to the school's side or front door.

### **Afternoon Pick-Up Reminders**

- All carpooling students will wait for their ride in a designated grade-level area outside the main doors.
- A Mountain View teacher or student safety officer will escort your student to your car after you are stopped toward the front of the carpool line.

Thank you for helping us keep our students safe.

Angela Huff, Principal



# Mountain Lion News

## PTA President's Message

Dear Mountain View Families,

As the calendar turns to February, it seems appropriate to think of hearts, cards, chocolate and love. Instead, I share with you...

### The Top-Ten Reasons I LOVE Mountain View Elementary School

10. PTA Chairs and Committees that continually come up with fun new programs for our families: Look for details on our Parent and Family Involvement's Summer Camp Program on February 20.
9. Specials Teachers: Have you ever been at school during the day when our children sing, dance, jump and create? Thank you Ms. Armstrong, Mr. Devore, Ms. Janas and Ms. Mason.
8. Bus Drivers: We have been fortunate enough to have the same bus driver for 6 years. We love Ms. Harriet!
7. Parents in the classrooms: Thank you for supporting the teachers and your children. There are plenty of opportunities to help this winter and spring, including Junior Achievement and Field Days!
6. Media Center: Thanks to Ms. MacDonald and Ms. Johnson for helping our children pursue their love of reading.
5. Teachers: I especially love the lesson to our children on donating their time to raise money for Relay for Life. (Make plans to join them at the upcoming Spaghetti Dinner!)
4. Custodians and Cafeteria Staff: Actually I am going to cheat here and sneak in two reasons why I love Mountain View. Mark Cash, head custodian, and Jennifer Baust, cafeteria manager, lead two dynamite teams that make our school a special place.
3. Parent Information Sessions: Parents have the chance to be trained on thinking maps, writing, computers, and test-taking skills. Our administration and staff are teaching us how to help our children find more success in the classroom.
2. Ms. Huff and Ms. Medders: These ladies doing everything necessary to provide a positive learning environment for our children. I also think it is awesome that on any given morning, you will find them opening car doors or greeting students in the hallway upon arrival.
1. PTA volunteers who say yes! Some parents chair or join a committee; while others give an hour or two of their time when they can. Please know that every minute you share is important and greatly appreciated.

Margaret Franklin Gawryszewski  
President, Mountain View PTA

# Mountain Lion News



## Calendar of Events



### Calendar of Events

- Feb. 2 to Feb. 11: Heroes Essay Contest (link to article in this section)
- Feb. 4: Early Release, 12:20 p.m.
- Feb. 5: Spring Picture Day
- Feb. 6: Bank Day, 7:20-7:45 a.m., Media Center (link to article in General Information)
- Feb. 6: Chick fil-A biscuits for sale before school
- Feb. 9 to Feb. 13: Staff/Teacher Appreciation Week (link to article in this section)
- Feb. 12: Thinking Maps Training for parents, 6 p.m., Media Center (link to article/graphic of Thinking Maps training below)
- Feb. 13: Spirit wear Day: All Mountain View Students, Wear Spirit wear today! (link to article in this section)
- Feb. 13: PTA Board Meeting, 10 a.m., Media Center. All welcome
- Feb. 13: Fifth-Grade Pump It Up Night. Details in flyer
- Feb. 20: Bank Day, 7:20-7:45 a.m., Media Center (link to article in General Information)
- Feb. 20: Chick fil-A biscuits for sale before school
- Feb. 20: PTA General Meeting, 6:00 p.m., cafeteria
- Feb. 20: Summer Activities Fair & Spaghetti Dinner (link to article in this section)
- Feb. 23-26: Pope Middle School Cheer Clinic, Hightower Trail Middle School (link to article in this section)
- Feb. 24: PTA Day at the Georgia State Capital (link to article in PTA News)



### "Honoring Our Heroes" Essay Contest Begins

Do you know someone who has touched a life in a positive way? A hero is someone who is courageous, helpful, kind, dedicated, self-confident, unselfish, fair, forgiving, tolerant, loyal, dependable, respectful, trustworthy, responsible, honorable, generous, sportsman-like, courteous, preserving, patient and compassionate. A real-life hero is defined by his or her actions, not looks, and can be living or deceased.

# Mountain Lion News

Share your story about your favorite real-life hero by writing an essay that tells how this person demonstrates these character qualities; how he or she has positively influenced you; and why that person's actions are important today.

The contest begins Feb. 2 and runs through Feb. 11. All essays are turned in without the writer's name on the entry form. All participants are invited to a special breakfast and receive a certificate. The top nine winners will be photographed for the Memory Book; and the first-place entrant receives a trophy.

Essay entry forms will come home with students on Feb. 2 and can be completed and turned into the student's homeroom teacher.

Please contact Jen-I DeBetta at [jeni\\_debetta@comcast.net](mailto:jeni_debetta@comcast.net) or Teresa Johnson at [brentandteresa@comcast.net](mailto:brentandteresa@comcast.net) for more details.

## **Staff/Teacher Appreciation Week is Feb. 9 to 13**

Help us celebrate our fantastic Mountain View Elementary staff! We'll have special ways to show our thanks each day. For more information or to help, please contact Allyson Eman, Teacher Appreciation Committee, at [allysoneman@bellsouth.net](mailto:allysoneman@bellsouth.net).

## **Learn about Thinking Maps**

Parents, please join our teachers Feb. 12 to learn more about Thinking Maps, which are used by our students and teachers school-wide. This workshop takes place at 6 p.m. in the Media Center. Based on thought processes, Thinking Maps provide kindergarten- to fifth-grade students with a common visual language that supports all content areas.

## **Wear Your School Shirts on Friday the 13th**

Students, Friday the 13th could be your lucky day! A Memory Book staffer will be snapping Spirit wear pictures for this year's book, and you could be one of the chosen models. Get ready, get set, and show your school spirit on Spirit wear day!

# Mountain Lion News

## Summer Camp/Activities Fair Coming Feb. 20

Subhead: Enjoy Spaghetti Dinner & Teacher's Spelling Bee  
Bring your entire family to enjoy a night of fun, food and information! This activities-packed event takes place from 6 to 8 p.m. in the cafeteria.

Meet with organizations from our community providing student-oriented summer camps and activities. Stay and enjoy a wonderful spaghetti dinner for \$4 per plate, including beverage and bread, served by Mountain View's Relay for Life Team. Then, enjoy the fun as our teachers compete in a "spealling" bee (ha-ha), starting at 7:20 p.m.

Come and enjoy the fun, while learning some valuable information about summer activities for your children! If you run a summer camp program, you may rent a booth for a nominal fee. Or please forward this information to your favorite summer camp or activities organization so it can be included.

For more information, please contact Paige Conner, chair of the Parent/Family Involvement Committee, at [jpconner@charter.net](mailto:jpconner@charter.net); or committee member and kindergarten teacher Worth Cooper, at [Worth.Cooper@cobbk12.org](mailto:Worth.Cooper@cobbk12.org).

## Pope Middle School Cheer Clinic Held in February

Potential cheerleaders have the chance to attend a 4:30 to 6:00 p.m. cheer clinic in the Hightower Middle School gymnasium from Feb. 23 to Feb. 26. This four-day clinic is for fourth- through seventh-grade students living in the Pope School zone. Please attend if you are interested. This is the only clinic before tryouts and will help participants learn the required skills to make the squad.

The registration form can be downloaded from the Mountain PTA Newsletter website [www.mountainviewptanews.webtacticaldesign.com](http://www.mountainviewptanews.webtacticaldesign.com). Cost is \$20 if you register before Feb. 17; and \$25 afterward.

For more information on the Pope Junior Cheerleaders' program, please visit their website at <http://www.eteamz.com/popejrcheer/>, or email [popejrcheer@hotmail.com](mailto:popejrcheer@hotmail.com).

# Mountain Lion News

## Registration Underway for Jr. Greyhound Lacrosse

All children ages 7 to 14 are eligible to play spring Jr. Greyhound Lacrosse, with practices and home games played at Hightower Trail Middle School fields.

Program cost is \$225 for girls and \$200 for boys. Practice days and times are dependent on registration; all Jr. Greyhound Lacrosse teams will play at least eight games and one end-of-season tournament.

Please visit [www.jrgreyhoundlax.com](http://www.jrgreyhoundlax.com) for more information and to register today!

## Family Fitness Night Coming March 6 - Save the Date!

Mountain View's first-ever Family Fitness Night brings families together with opportunities, resources, and tools to help everyone make better food and fitness choices.

Stay tuned for more info, but make sure you mark your calendar... we will have challenges, speakers, exercise sessions, food samples, tips, recipes, and more! You don't want to miss it! For more information, contact Lisa Kubes, chair of the Health and Safety Committee, at [kubetimes2@yahoo.com](mailto:kubetimes2@yahoo.com).

# Mountain Lion News

## PTA News

Show PTA Pride Feb. 24 during PTA Day at the Capital. Join our administrators, educators, superintendents, school board members, business partners, fellow parents, and student leaders on PTA Day, Tuesday, Feb. 24.

The Issues and Advocacy briefing starts at 9:00 a.m. in the Fulton County Commissioners Assembly Hall, with seating limited to 300. Remember to wear red! This session is followed by a 10:30 a.m. assembly under the Gold Dome, celebrating PTA Day at The Capital. The day culminates with a noon luncheon, featuring legislators at the Freight depot.

All \$30 registrations (including lunch) must be received in state office on or before Tuesday, Feb. 10. The cost Feb. 11 or after is \$50. Registration forms are available at [www.georgiapta.org](http://www.georgiapta.org). You may call Georgia PTA with questions at 404-659-0214.

If you have any questions or want to carpool, contact Lynne Cherrington, Mountain View PTA's legislation committee chair, at [gcherrington@msn.com](mailto:gcherrington@msn.com) or 678-560-4227 or 404-431-3045.

## Help Nominate Next Year's PTA Board Members

Nominating committee members are needed to help fill PTA executive board member spots for the 2009-2010 school year. If you are interested in serving on this committee or on the PTA Board next year, please contact PTA President Margaret Gawryszewski at [mandmmom@bellsouth.net](mailto:mandmmom@bellsouth.net) or 770/565-2376.

# Mountain Lion News

## General Information

### Bank Days Help Students Learn to Save Money

It's never too late to become a life-long saver! Enroll today, and your child will join 140 other Mountain View students who have their own personal savings accounts! Applications are available in the front office, the Bank Day PTA mailbox, at our Friday Bank Days, or by contacting:

Jay Wilson, JW4455@comcast.net (770) 578-8576 or  
Gillian Hicks, gkhicks@bellsouth.net (770) 971-8833

School Savings Fridays, from 7:20 to 7:55 a.m., are held:

Feb. 6 and 20  
March 6 and 20

April 3 and 17  
May 1 and 15

In related banking news, Washington Mutual will move its Marietta Branch, located at 1860 Sandy Plains Road, to the Marietta-Piedmont Commons Branch located at 1050 E. Piedmont Road. For more information regarding this Feb. 7 branch consolidation, please call the bank at 678-560-5907.

### Thank You Copy Volunteers!

A big thanks goes to all of the copy volunteers for their hard work and continued commitment in assisting the Mountain View teachers and staff.

Behind the scenes, these "Copy Queens" take care of the school's daily copying needs. They are:

- Heidi Chisholm
- Lucy Crabtree
- Marilyn Davis
- Laurie Dirksen
- Cynthia Denton
- Vernetta Pryor
- Dena Pyle
- Laura Shutt
- Pat Smith
- Sharon Triosi
- Kristin Willis

Volunteering just one day a month helps out immensely! If you are interested in joining this much-needed and appreciated group, please contact Lisa Link, Copy Committee chair, at [lisaannlink@yahoo.com](mailto:lisaannlink@yahoo.com).

# Mountain Lion News

## Speakers for Teachers

Do you have any unused computer speakers gathering dust in your basement or closet? Donate your "gently used" computer speakers to our fabulous Mountain View teachers!

Drop off your speakers with wires/accessories in the green bucket across from the Media Center. The teachers who have requested them will receive them with great thanks.

For more information, contact JoEllen Smith, PTA vice president, at [jedlee@mindspring.com](mailto:jedlee@mindspring.com).

## Lion's Den Schedule Changes this Month

Beginning February, the Lion's Den school store is open Mondays, Wednesdays, and Fridays, from 7:20 to 7:50 am. With a larger volunteer pool, the store could open more days, which in turn helps our school and PTA prosper. With enough helpers, our volunteers will only have to cover one 30-minute shift a month.

The Lion's Den sells school supplies and novelties for the students, including folders, memo pads, pencils, erasers, key chains, display boards; and assorted Mountain View logo items, such as water bottles and car magnets. All profits help our PTA efforts.

To volunteer or get more information, please contact Sarah Coffey 770-971-4138 or Kelly Kraff 770-321-8500.

## Join the Box Tops Booster Club Today!!!

The Mountain View PTA is encouraging everyone to go to [Boxtops4education.com](http://Boxtops4education.com) to join the Booster Club. Each person who registers will enable our school to earn five box tops, or 50 cents. If a husband and wife have separate e-mails, they can both register. Think about how much our school could earn if everyone joins! Some of the Booster Club member benefits include:

**Mealtime Solutions** - Tasty meal ideas from appetizers to desserts.

**Online Coupons** - Money saving coupons for your favorite Box Tops products.

**Box Tops for Education Marketplace** - Shop online and earn up to 8% back on every qualifying purchase for our school.

**Cheerios Reading Room** - Children's book reviews and recommendations for all age levels.

**Pop Secret Movie Night** - Reviews for the latest family movie releases on DVD and video.

# Mountain Lion News

Please continue to clip and trim your Box Tops, put them in a baggie with your child's name and teacher, and drop them in the bin located in the school's main entry hall. Let's keep the enthusiasm rolling and let our school reap the cash rewards!!!

## Mountain View Chess Club Announces Fall Champions

Congratulations to all Chess Club students for their accomplishments and new skills garnered last fall.

**Our school champions are:**  
Brett M. and Micah C.

**Grade-level champions are:**  
Jared R. and Eric S., first grade  
Eric C., second grade  
Hannah C., fourth grade

Second semester for the Mountain View Chess Club starts Feb. 2, with three sessions available each Monday: first session 2:30 to 3:30 p.m.; second session 3:35 to 4:45 p.m.; or a combined session from 2:30 to 4:45 p.m.

For more information about the club or to register, please call 770-575-5802; or visit [www.kidchess.com](http://www.kidchess.com). You may also contact Ratana Landry at 770-575-5802 or email [ratana@kidchess.com](mailto:ratana@kidchess.com).

## PARTNERS IN EDUCATION

Partners in Education is a program sponsored by the Cobb County Chamber of Commerce. A commitment by a business to be a Partner in Education signifies their intent to establish a long-term relationship supporting the school. Thanks to these businesses and their owners for their commitment to our children's education.

Please visit <http://www.cobbk12.org/~mtview/Info/partners.htm> for a list of all Partners.

## RECYCLE

Your old aluminum cans, magazines and newspapers mean \$\$\$ for our school. Bring your items to the bins located in the parking lot. Your efforts CAN and DO make a difference!!!

# Mountain Lion News

## Health and Safety News

### Healthy Helpings from Health and Safety Committee

#### Barbecue Pizza Bites

16 servings (serving size = 1 wedge)

#### Ingredients

1/2 pound ground round

1/2 cup chopped onion

1/2 cup chopped carrot

1/3 cup barbecue sauce

3 tablespoons brown sugar

1/4 teaspoon salt

Dash of black pepper

4 (4-ounce) Italian pizza crusts (such as Boboli)

1/4 cup (1 ounce) finely shredded provolone or part-skim mozzarella cheese

2 tablespoons chopped fresh cilantro

#### Preparation

1) Preheat oven to 450°.

2) Cook beef, onion, and carrot in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Drain well; return meat mixture to pan. Stir in barbecue sauce, sugar, salt, and pepper; reduce heat, and simmer 5 minutes.

3) Place pizza crusts on a baking sheet. Divide beef mixture evenly among crusts, and sprinkle with cheese. Bake pizzas at 450° for 12 minutes or until cheese melts. Sprinkle pizzas with cilantro. Cut each pizza into 4 wedges.

#### Nutritional Information

Calories: 78 (25% from fat)

Fat: 2.2g (sat 0.9g, mono 0.8g, poly 0.3g)

Protein: 5.2g

Carbohydrate: 9.2g

Fiber: 0.5g

Cholesterol: 10mg

Iron: 0.8mg

Sodium: 178mg

Calcium: 57mg

From Elizabeth J. Taliaferro, *Cooking Light*, OCTOBER 1998

Contact Lisa Kubes, [kubetimes2@yahoo.com](mailto:kubetimes2@yahoo.com), for more information about the Health and Safety Committee.

# Mountain Lion News

## CHARACTER ED STUDENTS OF THE MONTH

### December 2008 - Compassion

Grade	Name	Teacher
<b>Kindergarten</b>	Chloe	Farah
	Atticus	Cox
	Daylee	Hallberg
	Jacob	Ducey
	Sarah	Cook
	Jasmine	Shildneck
	Mia	Fagan
	Abby	Cooper, W.
<b>1<sup>st</sup> grade</b>	Karen	Bishop
	Evelyn	Wolsh
	Caroline	Fiala
	Hattie	O'Connor
	Grayson	Cushman
	Asha	Kobar
	Ava	Clatterbaugh
	Shawn	Spooner
<b>2<sup>nd</sup> grade</b>	Taylor	Beaver
	Erin	Bergeron
	Caroline	Bolek
	Luiza	Babbit
	Jessica	Holton
	Cole	Montejo
	Alex	Lang
	Andrew	Edwards
<b>3<sup>rd</sup> grade</b>	Hope	Dore
	Luke	Walworth
	Hannah	Stone
	Alexander	Simpson
	Mack	Paon
	Nicholas	Steele
	Jackson	Tinley
	Daniella	Schneider
<b>4<sup>th</sup> grade</b>	Humza	Cooper, H.
	Candy	Gilormo
	Alec	Kindel
	Colton	Wykes
	Jaclyn	Stephens
<b>5<sup>th</sup> grade</b>	Sarah	Reardon
	Samantha	Isaac
	Olivia	Weiss
	William	McNutt
	Rhea	Stippich
	Kalina	Roland

# Mountain Lion News

## CAFETERIA MENU

Feb. 2-6 2009

MOUNTAIN VIEW ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE OF ENTRÉE</b> Cheese Stuffed Brdstk With Marinara Sauce <b>OR</b> Ravioli Casserole W/ Whole Wheat Brdstk. <b>(May Choose up to 3)</b> Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit of Season Cinnamon Apples <b>OR</b> (V)Caesar Chicken Strip Salad w/ W.W. Breadstick <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above) <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Soup & Sandwich <b>OR</b> Crispy Chicken Nuggets With Roll <b>(May Choose up to 3)</b> Baked Beans Succotash Mandarin oranges Fresh Fruit in Season Banana Pudding <b>OR</b> Tuna Pasta Salad Or Veg. Chef Salad <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above) <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Hamburger /Cheeseburger <b>OR</b> PB&J sandwich w/ Cheese stick <b>(May Choose up to 3)</b> Indv. Baby carrots Fresh Apple Indv. applesauce Teddy graham cookies <b>OR</b> Whole grain goldfish pretzels <b>No salads</b> <b>Due to</b> <b>Early release</b> <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Taco/Veg. Tacos Bean & Cheese <b>OR</b> Baked Breaded Chicken With Cornbread <b>(May Choose up to 3)</b> Corn Diced tomato w/lettuce Peaches Fresh Fruit in Season Cookie <b>OR</b> Asian Chicken Salad With Multigrain Roll (V) <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above) <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Chicken Pasta Bake With W.W Breadstick <b>OR</b> Big Daddy's Pizza Cheese/pepp. <b>(May Choose up to 3)</b> Tossed Green Salad Veggie Dippers Applesauce Fresh Fruit in Season Fruit Fiesta <b>OR</b> Yogurt Fruit Plate With Elf Grahams <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above) <b>AND</b> Milk Choice

Feb. 9-13 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE OF ENTRÉE</b> Chicken Filet on Bun Or Grilled Chicken <b>OR</b> Egg & Cheese Omelet Sweet Pot. Cin. Pancakes <b>(May Choose up to 3)</b> Tater tots Tomato & Cucumbers Mandarin Oranges Fresh Fruit of Season Chillin' Pears <b>OR</b> Chef / Veg Chef Salad With W.W. Crackers <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above) <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Pasta w/Meat Sauce Whole wheat Breadstick <b>OR</b> Ham and Cheese Sub With Baked Chips <b>(May Choose up to 3)</b> Caesar Salad Baby Carrots Rosy Applesauce Fresh Fruit of Season Strawberry Freeze <b>OR</b> Chicken Tender Salad With W.W. Breadstick <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above) <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Hot Dog on Bun <b>OR</b> Beef & Bean Burrito With Black beans & Rice <b>(May Choose up to 3)</b> Baked Breaded Okra Coleslaw Peaches Fresh Fruit of Season Juice Bar <b>OR</b> Greek Salad or Veg. Greek Salad with Multigrain Roll <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above) <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Big Daddy's Pizza Peppr. Or Cheese <b>OR</b> Baked Potato with Beef/cheese and Roll <b>(May Choose up to 3)</b> Broccoli with Cheese Tossed Green Salad Pears Fresh Fruit of Season Low Fat Brownie <b>OR</b> Santa Fe Salad (v) With Multigrain Roll <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above) <b>AND</b> Milk Choice	<b>CHOICE OF ENTRÉE</b> Fish Sticks with (V) Macaroni & Cheese With Cornbread <b>OR</b> BBQ Chicken Sand. <b>May Choose up to 3)</b> Green Beans Veggie Dippers Fruit Cocktail Fresh Fruit in Season Fruit Fiesta <b>OR</b> Power Pack Veg. Power Pack <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above) <b>AND</b> Milk Choice

Note: Market conditions, delivery and/or availability of food may require changes in menus. (V)Indicates Vegetarian

This institution is an equal opportunity provider"

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue. SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Extra Food Prices	
Mayfield Ice Cream	\$.75
Bottled Water	\$.75
Chips	\$.60
Extra Side item	\$.60
Extra Student Entrée	\$1.25

LUNCH PRICES	Day	5 Day	20 lunches	90 lunches
Regular Lunch	1.60	8.00	32.00	144.00
Reduced Lunch	.40	2.00	8.00	36.00
Adult Lunch	2.50	12.50	50.00	225.00

# Mountain Lion News

Feb 16-20 2009

## MOUNTAIN VIEW ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>CHOICE OF ENTRÉE</b> Soup & Sandwich	<b>CHOICE OF ENTRÉE</b> Teriyaki Chicken Nuggets With Stir Fry Rice & W.W. Breadstick	<b>CHOICE OF ENTRÉE</b> Nachos with Meat/Cheese Bean & Cheese	<b>CHOICE OF ENTRÉE</b> Chicken Pasta Bake With W.W Breadstick
<b>OFF</b>	<b>OR</b> Crispy Chicken Nuggets With Roll	<b>OR</b> Hamburger /Cheeseburger	<b>OR</b> Baked Breaded Chicken With Cornbread	<b>OR</b> Big Daddy's Pizza Cheese/pepp.
<b>STUDENT</b>	<b>(May Choose up to 3)</b> Baked Beans	<b>(May Choose up to 3)</b>	<b>(May Choose up to 3)</b> Corn	<b>May Choose up to 3)</b> Tossed Green Salad
<b>HOLIDAY</b>	Caesar Side Salad Mandarin oranges Fresh Fruit in Season Fruit Cup	French Fries Coleslaw Fruit Medley Fresh Fruit in Season Juice Bar	Diced tomato w/lettuce Peaches Fresh Fruit in Season Cookie	Veggie Dippers Applesauce Fresh Fruit in Season Fruit Fiesta
<b>OFF</b>	<b>OR</b> Tuna Salad Or Veg. Chef Salad <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above)	<b>OR</b> Taco /Veg Taco Salad <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above)	<b>OR</b> Asian Chicken Salad With Multigrain Roll (V) <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above)	<b>OR</b> Yogurt Fruit Plate With Elf Grahams <b>WITH CHOICE OF ONE</b> Dessert of the Day OR Side Dish (from Above)
	<b>AND</b> Milk Choice	<b>AND</b> Milk Choice	<b>AND</b> Milk Choice	<b>AND</b> Milk Choice

Feb 23-27 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE OF ENTRÉE</b> Chicken Filet on Bun Or Grilled Chicken	<b>CHOICE OF ENTRÉE</b> Pasta w/Meat Sauce Whole wheat Breadstick	<b>CHOICE OF ENTRÉE</b> Whole Grain Chicken Corn Dog	<b>CHOICE OF ENTRÉE</b> Big Daddy's Pizza Peppr. Or Cheese	<b>CHOICE OF ENTRÉE</b> Shrimp Poppers with (V) Macaroni & Cheese With Cornbread
<b>OR</b> Egg & Cheese Omelet Sweet Pot. Cin. Pancakes <b>(May Choose up to 3)</b> Tater tots	<b>OR</b> Ham and Cheese Sub With Baked Chips <b>(May Choose up to 3)</b> Caesar Salad	<b>OR</b> Beef & Bean Burrito With Black beans & Rice <b>(May Choose up to 3)</b> Baked Breaded Okra	<b>OR</b> Baked Potato with Beef/cheese and Roll <b>(May Choose up to 3)</b> Broccoli with Cheese	<b>OR</b> BBQ Chicken Sand. <b>(May Choose up to 3)</b> Green Beans
Tomato & Cucumbers Mandarin Oranges Fresh Fruit of Season Chillin' Pears	Baby Carrots Rosy Applesauce Fresh Fruit of Season Strawberry Shortcake	Coleslaw Peaches Fresh Fruit of Season Juice Bar	Tossed Green Salad Pears Fresh Fruit of Season Low Fat Brownie	Veggie Dippers Fruit Cocktail Fresh Fruit in Season Fruit Fiesta
<b>OR</b> Chef / Veg Chef Salad With W.W. Crackers <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above)	<b>OR</b> Chicken Tender Salad With W.W. Breadstick <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above)	<b>OR</b> Greek Salad/ Veg. Greek Salad with Multigrain Roll <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above)	<b>OR</b> Santa Fe Salad (v) With Multigrain Roll <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Items (from Above)	<b>OR</b> Power Pack Veg. Power Pack <b>WITH CHOICE OF ONE</b> Side Dish/Dessert Item (from Above)
<b>AND</b> Milk Choice	<b>AND</b> Milk Choice	<b>AND</b> Milk Choice	<b>AND</b> Milk Choice	<b>AND</b> Milk Choice

Note: Market conditions, delivery and/or availability of food may require changes in menus. (V)Indicates Vegetarian

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Extra Food Prices	
Mayfield Ice Cream	\$.75
Bottled Water	\$.75
Chips	\$.60
Extra Side item	\$.60
Extra Student Entrée	\$1.25

LUNCH PRICES	Day	5 Day	20 lunches	90 lunches
Regular Lunch	1.60	8.00	32.00	144.00
Reduced Lunch	.40	2.00	8.00	36.00
Adult Lunch	2.50	12.50	50.00	225.00