



Mettawee Messenger

February 25, 2021 Principal: Brooke DeBonis 645-9009

Principal's Corner:

i-Ready

I am glad to report out that 98% of our students were able to complete the winter session of the i-Ready Diagnostic assessment. I want to thank all of the Mettawee staff and families for working together to be sure our students were successful in finishing the math and reading assessments. I was pleased to see the growth that our students made between October and February. I will be sharing out a video to explain the family report that you will be seeing today or next Monday. There will be some differences between the reports that I will be highlighting for you. If you have any questions about your child's report please reach out to me.

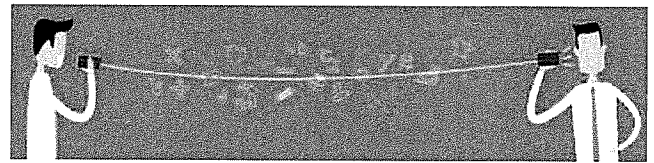


**"Masks on faces, 6 foot spaces,
uncrowded places." Let's continue to work
together to keep us all safe and healthy
and keep our school open.**



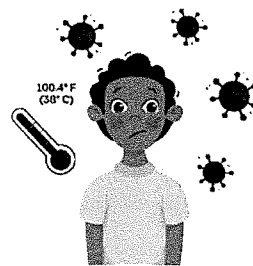
Big Blue Communication Day

Please check your child's backpack for their Big Blue communication folder. You will find i-ready results as well as a March Menu.



**High Mowing Seed Order Forms are
due on Friday, February 26th.**

No late orders will be accepted. The seeds will be delivered in March!



If you find that you are running out of lavender screening sheets please reach out so we can send more home with your child.

You can either email Cheryl Chalmers at cchalmers@brsu.org or Heidi Hammell at hhammell@brsu.org.



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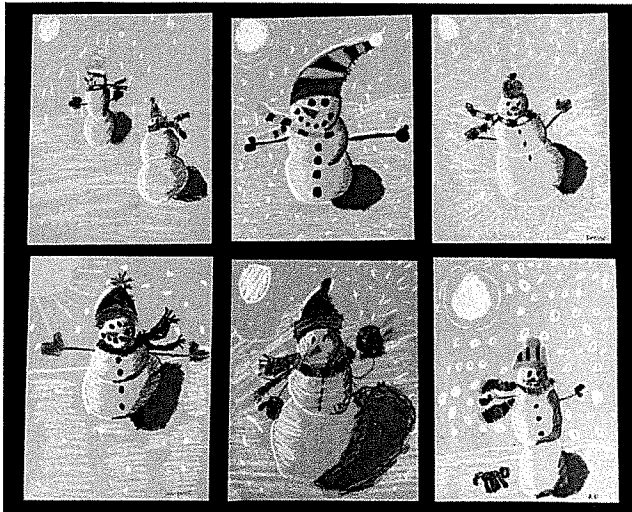
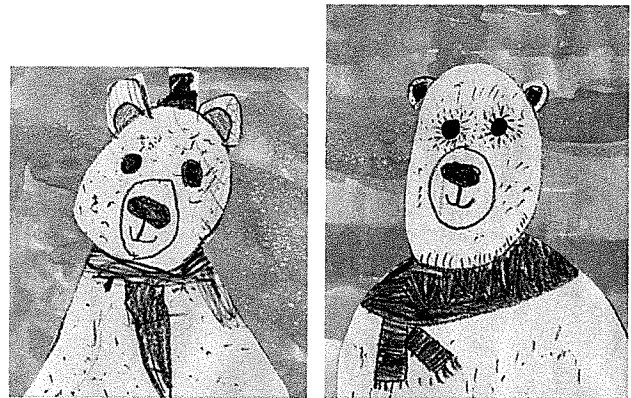
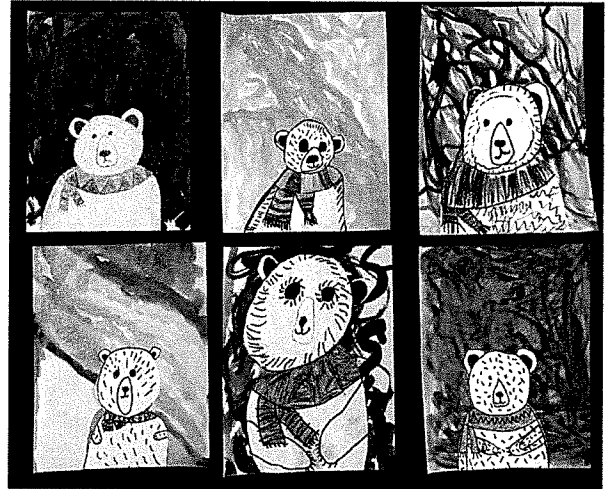
Screening Sheets

Please be sure you are reading and answering the screening questions very carefully and truthfully.

We have Distance Learning in place so that students can stay home and quarantine if they are not feeling well, if they have traveled out of the state of Vermont for anything other than essential reasons, or if they have spent time with people in other households. If you have any health related questions please feel free to reach out to Mandy Mayer at mmayer@brsu.org.



April 12th - 16th - Spring Recess



**Have a great
weekend!**



March School Lunch Menu: Room Service & Meals for Pickup @ **Mettawee**
School Meals Are FREE to all Students

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Ham Sub Sandwich Honey Deli Ham & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Vegetable & Milk	2 Brunch for Lunch Whole Grain Pancakes, Sausage Links, Maple Syrup, Warm Applesauce, Steamed Broccoli & Milk	3 Chicken Tenders Whole Grain Chicken Tenders served with BBQ sauce, Dinner roll, Fresh Fruit, Vegetable & Milk	4 Tuna Tower Chunk-lite Tuna Salad, Whole Grain Bread, Fresh Fruit, Vegetable & Milk	5 MYO Pizza Whole Grain Flatbread, Mozzarella Cheese, Pepperoni, Marinara Sauce, Fresh Fruit, Vegetable & Milk
8 Turkey Sub Sandwich Deli Turkey & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Vegetable & Milk	9 Chef Salad Romaine Lettuce, Seasonal Vegetables, Ham, Turkey & Mozzarella Cheese w/ Ranch Dressing, Dinner Roll, Fresh Fruit & Milk	10 Pizza Whole Grain Crust w/ Marinara Sauce & Shredded Mozzarella Cheese, Fresh Fruit, Vegetable & Milk	11 Beef Nachos Seasoned Beef, Shredded Mozzarella Cheese, Lettuce, Salsa, SourCream & Whole Grain Tostitos, Corn & Milk	12 Chicken Ranch Wrap Breaded Chicken Tenders, chopped Romaine, Side Ranch Dressing, Fresh Fruit, Vegetable & Milk
15 Ham Sub Sandwich Honey Deli Ham & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Vegetable & Milk	16 Macaroni & Cheese Homemade Cheddar Sauce, Whole Grain Pasta, Fresh Fruit, Vegetable & Milk	17 Chicken Tenders Whole Grain Chicken Tenders served with BBQ sauce, Dinner roll, Fresh Fruit, Vegetable & Milk	18 Egg Salad Sliders Creamy Egg Salad, Whole Grain Slider rolls, Fresh Fruit, Vegetable & Milk	19 MYO Pizza Whole Grain Flatbread, Mozzarella Cheese, Pepperoni, Marinara Sauce, Fresh Fruit, Vegetable & Milk
22 Turkey Sub Sandwich Deli Turkey & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Vegetable & Milk	23 Chef Salad Romaine Lettuce, Seasonal Vegetables, Ham, Turkey & Mozzarella Cheese w/ Ranch Dressing, Dinner Roll, Fresh Fruit & Milk	24 Pizza Whole Grain Crust w/ Marinara Sauce & Shredded Mozzarella Cheese, Fresh Fruit, Vegetable & Milk	25 Beef Nachos Seasoned Beef, Shredded Mozzarella Cheese, Lettuce, Salsa, SourCream & Whole Grain Tostitos, Corn & Milk	26 Chicken Ranch Wrap Breaded Chicken Tenders, chopped Romaine, Side Ranch Dressing, Fresh Fruit, Vegetable & Milk
29 Ham Sub Sandwich Honey Deli Ham & American Cheese on a Whole Grain Sub Roll, Fresh Fruit, Vegetable & Milk	30 Brunch for Lunch Whole Grain Pancakes, Sausage Links, Maple Syrup, Warm Applesauce, Steamed Broccoli & Milk	31 Chicken Tenders Whole Grain Chicken Tenders served with BBQ sauce, Dinner roll, Fresh Fruit, Vegetable & Milk		

Daily "Meal Alternative" is a Yogurt Meal- which includes Yogurt, Cabot Cheese Bar, Graham Cracker, Fruit, Vegetable & Milk.
School Meals are also available for Pick-Up for Remote Learners (please email Stephanie Gates, sgates@brsu.org)

This Institution is an Equal Opportunity Provider



March Breakfast Menu - Breakfast in the Classroom & Meals for Pickup @ **Mettawee**
 School Meals Are FREE to all Students

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Cereal Meal Whole Grain Cereal, Whole Grain Graham Cracker, Fruit Cup & Milk	Bagel Day Whole Grain Bagel, Cream Cheese, Juice & Milk	Cereal Bar Meal Whole Grain NutriGrain Bar, Whole Grain Graham Cracker, Fruit Cup & Milk	Mini Pancakes Whole Grain Mini Maple Burstn Pancakes, Juice & Milk	Muff n Meal Whole Grain Muff n, Fresh Fruit & Milk
Cereal Bar Meal Whole Grain NutriGrain Bar, Whole Grain Graham Cracker, Fruit Cup & Milk	Cinnamon Bagel Day Whole Grain Bagel stuffed w/ Cinnamon Cream Cheese, Juice & Milk	Cereal Meal Whole Grain Cereal, Whole Grain Graham Cracker, Fresh Fruit & Milk	Yogurt & Granola Parfait Cabot Vanilla Greek Yogurt topped with homemade Granola and fresh or frozen Berries & Milk	Banana Bread Whole Grain Banana Bread, Fresh Fruit & Milk
























****This is a two week rotating menu****

If you have questions about the School Meals Menu, please contact Food Service Director, Stephanie Gates, sgates@brsu.org or contact Tera Williams, Kitchen Manager at Mettawee, twilliams@brsu.org

Thank you for eating with us!

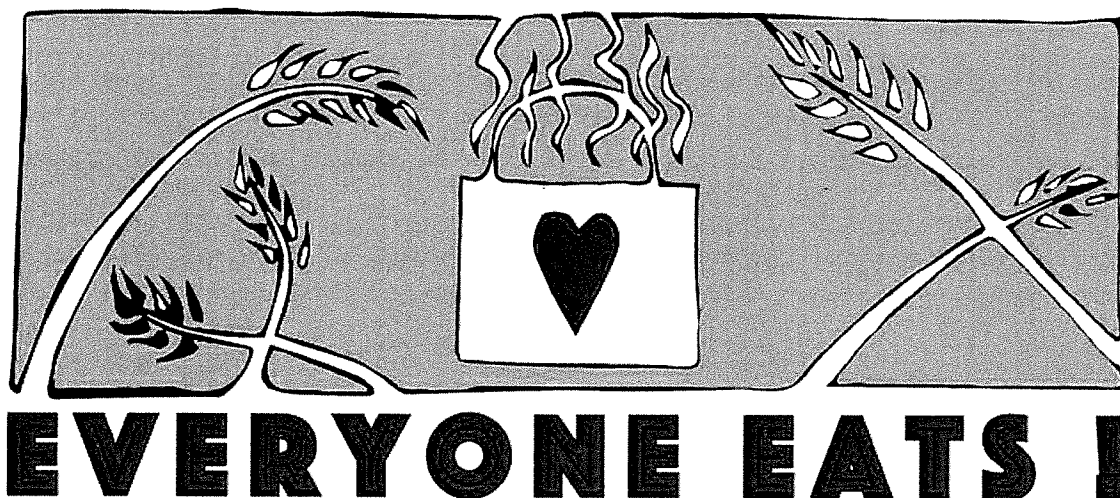
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Fresh Fruit and Vegetable Program Monthly Menu

School: Mettawee		Month: March 2021		
Monday	Tuesday	Wednesday	Thursday	Friday
1  Red Delicious Apple	2  Blueberries	3  Navel Oranges	4  Starfruit	5  Seedless Cucumber
8  Blood Orange	9  Kiwi	10  Carrots	11  D'Anjou Pears	12  Celery Sticks
15  Banana	16  Sugar Snap Peas	17  Golden Delicious Apples	18  Red Plums	19  Haricot Verde (Green Beans)
22  Granny Smith Apples	23  Grapefruit	24  McIntosh Apples	25  Raspberries	26  Broccoli Florets
29  Cara Cara Orange	30  Strawberries	31  Snow Peas		

Menus are subject to change!

This institution is an equal opportunity provider.



Restaurant prepared meals for FREE.

Everyone Eats provides nutritious meals to Vermonters in need of food assistance and a stabilizing source of income for Vermont restaurants, farmers, and food producers. Everyone Eats is funded by the federal Coronavirus Relief Fund and made possible through a grant provided by the Vermont Agency of Commerce and Community Development to Southeastern Vermont Community Action.

Smokey House Center is a pre-order only pick-up site for the statewide Everyone Eats program. **Pre-order your meals by emailing jamie@smokeyhouse.org or calling (802) 293-2300 ext. 2. Orders for meals must be placed the week prior to pick up.** Please specify how many individuals are in your household as meals are portioned and packaged individually.

Meal pick up is located in the Stone Shed at:

**Smokey House Center
426 Danby Mountain Road
Wednesday 3:30pm-5:00pm
(must pre-order see above)**

If pick-up is a hardship for you but you are interested in a weekly prepared meal please email jamie@smokeyhouse.org or call 802-293-2300 ext. 2. We will make every effort to accommodate delivery to those who would benefit from it.

Meals will be prepared by Mach's Market in Pawlet.

Meals are also available on a first-come, first-served drive through at:

**Vermont Farmers Food Center
Rutland, VT
Monday, Wednesday, Thursday
4:00pm-6:00pm**