



the Mustang News

Wade Thomas School | 150 Ross Avenue, San Anselmo, CA 94960 | (415) 454-4603 | www.rossvalleyschools.org/wadethomas

Important Dates

- Oct 10 **Mustang Round-Up and Book Swap**
- Oct 19 **Campus Spruce Up Day and Movie Night**
- Oct 30 **Lap-A-Thon**
- Oct 31 **Staff Development Days**
– Nov 1 **(No School)**

WT Lap-A-Thon—Register Now!

Calling all Wade Thomas Families!

Please register your child for the Lap-A-Thon. Classes with 100% registration will earn a popsicle recess.

1. Go to: www.scholasticchallenge.com/home/wadethomas
2. Click the green “REGISTER” button
3. Follow the four (4) quick steps
4. **Begin fundraising!**

After your child is registered, he/she will receive their own personal link that you can share with family and friends. Let the pledging begin!



The Round-Up Potluck BBQ is coming!

Come have fun at this beloved annual event at Wade Thomas!

Once again, **RoliRoti Chicken** will be providing their scrumptious rotisserie chicken and roasted potatoes...the rest of us will provide the sides and desserts, so get your favorite dish ready to bring and share!

We will also be featuring **live music** by **Arann Harris and the Farm Stompers!** And, of course, the **live Cake Auction!!** Let's see who comes up with the winning cake this year!!

Volunteers are still needed to help make this event happen. Please contact Erika Cerutti (erikacerutti@comcast.net) with any questions or to help out!!

See you there!!

Out with the Old, In with the New!

Book Swap October 10th at the Mustang Round Up BBQ

Starting right now, today, and all the way up to the Mustang Round-Up: **Bring in a used book** (or ten or twenty) to the Wade Thomas library, and on October 10th, Thursday—BBQ night—you can choose the same number of used books in return—FREE!

Parent Volunteers Needed!

Contact Eliza Denitto at: elizadenitto@gmail.com

MUSTANG ROUND UP

POTLUCK + BBQ

THURSDAY OCTOBER 10TH

5:00 PM

Live Music and Fun!

Emergency Hotline (415) 721-4751

The Mustang News is published every other week on Fridays. Please submit newsletter articles by Wednesday the week of publication (two days prior), 3pm to marlana@rossvalleyschools.org. All submissions will be approved by the Ross Valley School District office prior to inclusion.



Hello Ross Valley Families,

Please find attached to this newsletter menus through December. My hope is that you can scratch one more thing off your to do list as we quickly move into the holiday season!

I am excited to let you know that **Choice Lunch has added several new items** to their menu. On the November and December menu, I have put a star in front of the new meal choices. At right, find what's new for Fall.

All meals are ordered online at <http://www.choicelunch.com/> or on your mobile app using registration code **Ross**. Meals can now be ordered same day by 6am and cancelled same day by 9am for credit (great on sick days!).

Questions? Contact Lisa Sabia at 451-4074 or via email: food@rossvalleyschools.org.



Follow Kim Kern on Twitter!

Our principal, Kim Kern, will be sending out for real-time reminders, updates, info, links to pics & videos, news, and other surprise tidbits on twitter. Follow her here: [@wade_principal](https://twitter.com/wade_principal).

School Lunch Program News

New for Fall 2013

- **Veggie Egg Rolls:** A tasty blend of cabbage, carrots, chestnuts, bamboo shoots and roasted garlic rolled in a traditional wonton wrapper make this vegetarian favorite one for all to enjoy.
- **Egg Salad Croissant Sandwich:** This creamy, classic egg salad has been perfected by our very own team of chefs! Served on a soft whole grain croissant, our traditional protein-packed lunchtime favorite deserves a gold star!
- **Broccoli Cheddar Soup:** This velvety smooth delight will warm you to the core. Made with fresh chopped

broccoli florets and a white bean, sweet potato, and butternut squash puree, your favorite creamy soup is more flavorful and nutrient-packed than ever!

Better Than Ever

- **Ham & Cheese Hoagie:** We kept the all natural ham and real California cheddar cheese, and upgraded to a whole grain sub roll. Served with lettuce on the side, and your favorite condiment options, it truly is the best thing since sliced bread!!
- **Pizza Pockets:** How do you improve on pizza, you ask? We doubled the size of our hand-stretched and deliciously stuffed pizza pockets—double yum!



Safe Routes to School News

International Walk and Roll to School Day—Wednesday, October 9, 2013!

Parent volunteers will host a welcome table on the morning of October 9th to greet children as they arrive at school. Colorful biking and walking buttons will be given to every child that arrives to school by foot, bike, carpool or bus. We will be meeting at Creek Park at 7:45am. Police will escort us through downtown and to school.

We are hoping to make this day a memorable event for all students and families. If you live far away, then please drive part way, and then walk the rest of the way to school with your child. Let's all put our

best foot forward to teach our children how to use their feet to get to school, and make October 9th a memorable and fun day!

Golden Wheel Challenge

The Golden Wheel Challenge has begun! The Golden Wheel Challenge runs on the first Wednesday of almost every month. Each month all the class rooms in each grade vie to bring home the gold. The winning class receives recognition at assembly and a chance to decorate the Golden Wheel Trophy. Along with the bragging rights and potential lucrative company sponsorships that come with it. (OK, some of that does not happen.)



FLO Parent Coffees

Looking for some parent support regarding your child with learning differences?

FLO (FLexible Learning Opportunities) will be hosting three parent coffees this year at private residences in San Anselmo.

The dates and times are as follows: 10/25, 1/24, and 3/28 from 8:30-10:30 am.

These coffees are an informal way to meet other parents and gain support or advice regarding your child with learning differences.

Please RSVP via email to FLOgroupcafes@gmail.com for our first coffee. We will email you directly with the location of the event. Also, please check out our website: flo.groupcafes.com

Head Lice: Every Parent's Concern

Head lice are a common problem and concern among many parents.

Chances are you will receive a note reporting a case of head lice in your child's classroom at one time or another. Every year in the United States, 6 to 12 million school-aged children get head lice.

Fortunately, head lice are not a serious medical problem, and they do not carry any diseases. Anyone can get head lice. Despite what many people may think, head lice are not a sign of poor hygiene or an unclean home environment.

It can be difficult to tell if your child has an active case of head lice. However, you should know that the most common symptom of head lice is itching, especially behind the ears or at the back of the neck. Parents should check their children, for head lice, on a regular basis to help prevent the spread of lice in school.

How to check for head lice:

- **Seat your child in a brightly lit room**, in an area where you can easily examine the head from different angles.
- **Part the hair and look at your child's scalp**. Nits will look like small white or yellow-brown specks. They

will be firmly attached to the hair. Nits may be easier to see at the hairline at the back of the neck or behind the ears. Live lice will move quickly away from the light.

- **Comb through your child's hair in small sections** using a fine-tooth comb. After each comb-through, wipe the comb on a wet paper towel. Examine the scalp, comb, and paper towel carefully.

You may need to use a magnifying glass. It is often difficult to tell the difference between dandruff or other hair debris and nits. However, dandruff is much easier to comb out of the hair while nits are much harder to remove. *

If you discover head lice in your family, please notify the school. If you have any questions about diagnosis or treatment please call me and I'll be glad to help.

Laurel Yrun, RN
School Nurse
451-4078

* "Head Lice: Every Parent's Concern" by the American Academy of Pediatrics

October-13

Monday		Tuesday		Wednesday		Thursday		Friday	
		1	Oven Baked Tenders Oven Roasted Chicken Bean & Cheese Burrito Macaroni & Cheese COLD - 2 - 4 - 7 - 8 - 9 13 - 17 - 18 - 21 - 23 - 25	2	Pan Seared Potstickers Spaghetti & Meat Sauce Buttered Noodles Macaroni & Cheese COLD - 1 - 3 - 4 - 6 - 9 - 14 15 - 17 - 19 - 20 - 21 - 23	3	Four Cheese Ravioli Teriyaki Chicken Bowl Macaroni & Cheese Pepperoni Pizza Pocket COLD - 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	4	Cheese Pizza Bagel Dog Chicken Chow Mein Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 - 11 15 - 17 - 19 - 20 - 21 - 23
7	Cheese Pizza Smokehouse BBQ Chicken Teriyaki Chicken Bowl Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 - 11 17 - 21 - 22 - 23 - 25	8	Bagel Dog Oven Baked Tenders Broccoli Cheddar Soup Macaroni & Cheese COLD - 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	9	Pan Seared Potstickers Hamburger Macaroni & Cheese Three Cheese Pizza Pocket COLD - 1 - 3 - 4 - 6 - 9 - 11 14 - 17 - 19 - 20 - 21 - 23	10	Spaghetti & Meatballs Oven Baked Tenders Veggie Egg Rolls Macaroni & Cheese COLD - 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	11	Cheese Pizza BBQ Chicken Sandwich GF Pasta w/ Meat Sauce Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 - 11 15 - 17 - 19 - 20 - 21 - 23
14	Cheese Pizza Chicken Chow Mein Buttered Noodles Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 - 11 17 - 21 - 22 - 23 - 25	15	Chicken Taquitos Four Cheese Ravioli Hamburger Macaroni & Cheese COLD 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	16	Oven Baked Tenders Bean & Cheese Burrito Macaroni & Cheese Pepperoni Pizza Pocket COLD - 1 - 3 - 4 - 6 - 9 - 11 14 - 17 - 19 - 20 - 21 - 23	17	Hot Dog Spaghetti w/ Marinara Sauce Chicken "Fried" Rice Macaroni & Cheese COLD - 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	18	Cheese Pizza Pan Seared Potstickers Cheese Burger Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 - 11 15 - 17 - 19 - 20 - 21 - 23
21	Cheese Pizza Hot Dog Shredded Chicken Taquitos Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 - 11 17 - 21 - 22 - 23 - 25	22	Fish Sticks Tikki Masala Macaroni & Cheese Three Cheese Pizza Pocket COLD 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	23	Oven Baked Tenders Breakfast Burrito Meat Lasagna Macaroni & Cheese COLD - 1 - 3 - 4 - 6 - 9 - 11 14 - 17 - 19 - 20 - 21 - 23	24	Spaghetti & Meat Sauce Pan Seared Potstickers Broccoli Cheddar Soup Macaroni & Cheese COLD - 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	25	Cheese Pizza Cheese Burger Macaroni & Cheese Pepperoni Pizza Pocket COLD - 1 - 3 - 4 - 5 - 9 - 11 15 - 17 - 19 - 20 - 21 - 23
28	Cheese Pizza BBQ Chicken Teriyaki Chicken Bowl Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 - 11 17 - 21 - 22 - 23 - 25	29	Oven-Baked Tenders Spaghetti & Meatballs Sweet Corn Tamale Macaroni & Cheese COLD 2 - 4 - 7 - 8 - 9 - 13 18 - 20 - 21 - 22 - 23 - 25	30	Hamburger Pan Seared Potstickers Macaroni & Cheese Three Cheese Pizza Pocket COLD - 1 - 3 - 4 - 6 - 9 - 11 14 - 17 - 19 - 20 - 21 - 23	31	Staff Development Day		

Please circle one preferred meal for each day and use legend on back for Cold meal codes. Cross out days when meals are not needed.

COLD OPTIONS				
1 Italian Sub	6 Tuna Salad Sammie	11 Taco Salad	16 Italian Pasta Salad	21 Yogurt Parfait
2 Turkey Sub	7 Ham & Cheese Sammie	12 BBQ Chicken Salad	17 Cheese & Cracker Plate	22 Hummus & Pita
3 Pesto Turkey Ciabatta	8 Chicken Caesar Wrap	13 Southwest Chicken Salad	18 Avocado Sushi Roll	23 Bagel with Cream Cheese
4 Classic Turkey Sandwich	9 Chicken Caesar Salad	14 Cheesy Crunchy Salad	19 Cucumber Sushi Roll	24 Yogurt & Muffin
5 Sunbutter & Jam Sammie	10 Chef Salad	15 Asian Chicken Salad	20 California Sushi Roll	25 Egg Crossiant Sandwich

October

This order form is only for the Free and Reduced lunch program. For families not on the Free and Reduced lunch program, please order online at <http://www.choicelunch.com>.

Menu changes will take effect in most cases two school days after receipt of this paperwork.

Student Name: _____

Phone: _____

School: _____

Grade: _____

Total Enclosed: _____

Check Number: _____

Make check payable to Ross Valley School District.

Reduced lunches are 40¢ each and must have an application on file.

Send completed form to your school office or:

*** Please turn in by the last week of each month

Ross Valley School District
110 Shaw Drive
San Anselmo, CA 94960

Questions? Contact Lisa Sabia at 415-451-4074, food@rossvalleyschools.org, or fax 415-454-6840.

November-13

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	Staff Development
4	Cheese Pizza Buttered Noodles Smokehouse BBQ Chicken Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 17 - 21 - 22 - 23 - 24 - 25	5	Baked Chicken Tenders * Turkey & Mashed Potatoes "Fried" Rice & Veggies Macaroni & Cheese COLD - 2 - 4 - 5 - 7 - 8 - 9 18 - 20 - 21 - 22 - 23	6	Pan Seared Potstickers 3 Bean Chili w/ Corn Bread Pepperoni Pizza Pocket Macaroni & Cheese COLD 2 - 4 - 5 - 6 - 7 - 9 14 - 17 - 19 - 20 - 21 - 23	7	Four Cheese Ravioli *Sausage & Egg Sandwich Oven Roasted Chicken Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 8 - 9 18 - 20 - 21 - 23 - 24 - 25	8	Cheese Pizza *Chicken Noodle Soup Spaghetti & Meatballs Macaroni & Cheese COLD - 2 - 3 - 4 - 5 - 9 - 11 17 - 19 - 20 - 21 - 23 - 24
11	Staff Development	12	Oven Baked Tenders Dynamite Bagel Dog Cheese Enchiladas Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 17 - 21 - 22 - 23 - 24 - 25	13	GF Chicken Strips Cheese Burger Veggie Lover's Chow Mein Macaroni & Cheese COLD - 2 - 4 - 5 - 6 - 7 - 9 14 - 17 - 19 - 20 - 21 - 23	14	Pan Seared Potstickers Spaghetti w/ Marinara Sauce Pepperoni Pizza Pocket Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 8 - 9 18 - 20 - 21 - 23 - 24 - 25	15	Cheese Pizza Chicken "Fried" Rice Ham & Cheese Roll-Up Macaroni & Cheese COLD - 2 - 3 - 4 - 5 - 9 - 15 17 - 19 - 20 - 21 - 23 - 24
18	Cheese Pizza *Sausage & Egg Sandwich *Chicken Noodle Soup Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 9 17 - 21 - 22 - 23 - 24 - 25	19	Penne w/Meat Sauce Mild Chili Tamale Macaroni & Cheese Three Cheese Pizza Pocket COLD 2 - 4 - 5 - 7 - 8 - 9 18 - 20 - 21 - 22 - 23 - 24	20	Cheese Burger 3 Cheese Pizza Pocket *Turkey & Potatoes w/ Stuffing Macaroni & Cheese COLD - 2 - 4 - 5 - 6 - 7 - 9 14 - 17 - 19 - 20 - 21 - 23	21	Four Cheese Ravioli Dynamite Bagel Dog Teriyaki Chicken Bowl Macaroni & Cheese COLD - 1 - 3 - 4 - 5 - 8 - 9 18 - 20 - 21 - 23 - 24 - 25	22	Cheese Pizza Shredded Chicken Taquitos GF Pasta with Meat Sauce Macaroni & Cheese COLD - 2 - 3 - 4 - 5 - 9 - 11 17 - 19 - 20 - 21 - 23 - 24
25	Thanksgiving Break	26	Thanksgiving Break	27	Thanksgiving Break	28	Thanksgiving Break	29	Thanksgiving Break

* = New Items

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November

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December-13

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Cheese Pizza Smokehouse BBQ Chicken Meat Lasagna Macaroni & Cheese COLD - 1 - 4 - 5 - 7 - 9 17 - 21 - 22 - 23 - 24 - 25	3	Oven Baked Tenders Veggie Egg Rolls Penne w/ Meat Sauce Macaroni & Cheese * Ham&Cheddar Lettuce Wrap COLD - 3 - 4 - 5 - 8 - 9 18 - 20 - 21 - 22 - 23 - 24	4	Shepherd's Pie Pan-Seared Potstickers Buttered Noodles Macaroni & Cheese COLD - 2 - 4 - 5 - 6 - 7 - 9 14 - 17 - 19 - 20 - 21 - 23	5	Four Cheese Ravioli Teriyaki Chicken Bowl Pepperoni Pizza Pocket Macaroni & Cheese *Ham&Cheddar Lettuce Wrap COLD - 1 - 4 - 5 - 8 - 9 18 - 20 - 21 - 23 - 24 - 25	6	Cheese Pizza *Tikka Masala Burrito Hearty Beef Chili Macaroni & Cheese COLD - 2 - 3 - 4 - 5 - 9 - 11 15 - 17 - 19 - 20 - 21 - 23
9	Cheese Pizza Beef Enchiladas Dynamite Bagel Dog Macaroni & Cheese COLD - 1 - 4 - 5 - 7 - 9 17 - 21 - 22 - 23 - 24 - 25	10	Oven Baked Tenders 3 Cheese Pizza Pocket *Sausage & Egg Sandwich Macaroni & Cheese * Ham&Cheddar Lettuce Wrap COLD - 3 - 4 - 5 - 8 - 9 18 - 20 - 21 - 22 - 23 - 24	11	Cheese Burger Broccoli Cheddar Soup Turkey & Potatoes w/ Stuffing Macaroni & Cheese COLD - 2 - 4 - 5 - 6 - 7 - 9 14 - 17 - 19 - 20 - 21 - 23	12	*Chicken Fajita Platter Pan-Seared Potstickers Fried Rice & Veggies Macaroni & Cheese *Ham&Cheddar Lettuce Wrap COLD - 1 - 4 - 5 - 8 - 9 18 - 20 - 21 - 23 - 24 - 25	13	Cheese Pizza Pulled BBQ Chicken Sandwich GF Pasta w/ Meat Sauce Macaroni & Cheese COLD - 2 - 3 - 4 - 5 - 9 - 11 15 - 17 - 19 - 20 - 21 - 23
16	Cheese Pizza Spaghetti w/ Meatballs Buttered Noodles Macaroni & Cheese COLD - 1 - 4 - 5 - 7 - 9 17 - 21 - 22 - 23 - 24 - 25	17	Chicken Taquitos Four Cheese Ravioli GF Coleman Chicken Strips Macaroni & Cheese * Ham&Cheddar Lettuce Wrap COLD - 3 - 4 - 5 - 8 - 9 18 - 20 - 21 - 22 - 23 - 24	18	Oven Baked Tenders Bean & Cheese Burrito Cheese Burger Macaroni & Cheese COLD - 2 - 4 - 5 - 6 - 7 - 9 14 - 17 - 19 - 20 - 21 - 23	19	Hot Dog Spaghetti w/ Marinara Sauce Tandoori Chicken Macaroni & Cheese * Ham&Cheddar Lettuce Wrap COLD - 1 - 4 - 5 - 8 - 9 18 - 20 - 21 - 23 - 24 - 25	20	Cheese Pizza Pan Seared Potstickers Hamburger Macaroni & Cheese COLD - 2 - 3 - 4 - 5 - 9 - 11 15 - 17 - 19 - 20 - 21 - 23
23	Winter Break	24	Winter Break	25	Winter Break	26	Winter Break	27	Winter Break
30	Winter Break	31	Winter Break	1	Winter Break	2	Winter Break	3	Winter Break

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