



the Mustang News

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

Important Dates

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

Don't Miss

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.

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.

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!



School Lunch Program News

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).

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

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

November

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.

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

* = New Items

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 Hoagie	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

December

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.