



the Mustang News

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

Important Dates

- Nov 16 **Campus Spruce Up Day,** 2-5 pm
- Nov 16 **Movie Night,** 5 pm
- Nov 11 **Veteran's Day,** No School
- Nov 11 **Site Council Meeting,** WT Library, 3:30pm
- Nov 25 – **Thanksgiving Recess,**
- Nov 29 No School

Congratulations to our Great WT Staff!

Congratulations to Marlana Kenilvort! Our staff chose classified staff member Marlana Kenilvort to be recognized for her outstanding service to our school at the November 5th Board Meeting. You know her—she's the best AA any school has ever had! She does everything at our school! From answering **everybody's** questions on the phones and in person, to helping staff, students, and parents in need with just about anything you can imagine—blood, guts, and tears! **She is such a talented, super organized, capable, and amazing person.** We are so lucky to have Marlana at our school! Thank you for all your dedication and hard work, Marlana!

And, congratulations to Nicole Stuart! Our staff chose certificated teacher Nicole Stuart to be recognized at the November 5th Board Meeting for her outstanding service to our school. Mrs. Stuart is a respected and beloved 5th grade teacher at Wade Thomas, an outstanding educator and leader who epitomizes the Wade Thomas Way every day, and **a kind, intelligent, thoughtful, and caring team player.** She gives her all every day at our school! Thank you for your dedication and hard work, too, Mrs. Stuart!

School Lunch Program News

As the fall season blows in, cooler weather, warmer recipes, and various staple foods follow suit. Root vegetables, for example, tend to become more prominent on produce shelves this time of year. At Choicelunch, this always brings a smile to our faces because we have the ability to bring further variety to our fruit and veggie offering.

Jicama is a root vegetable that we love to offer this time of year. This root, similar to its root veggie relatives, is rich in complex carbohydrates which give the body energy (especially the brain and nervous system). Root vegetables are wonderful because they actually absorb water and nutrients as they grow, and they store the energy that the plant acquires by photosynthesis.

Other than Jicama, Choicelunch also likes to utilize other root veggies such as rutabaga, turnips, and parsnips. These veggies are pureed and added to our homemade bagel dough used to wrap our nitrate-free Dynamite Bagel Dogs.

The next time you're in the market for some root veggies of your own, keep your eyes peeled for firm, smooth, round options. Avoid those with bruises or spots. And if you're not using right away, be sure to store in a cool dry place, as these nutrient-packed veggies can store for up to four months in an optimal environment.



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).

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.

White Hill Middle School Tours!

RVSD 5th Grade Parents: Please follow [this link](#) and sign up for a tour of White Hill Middle School. We look forward to showing you around our beautiful new campus, getting you into our classrooms to see our students and teachers in action, and answering your questions! **Sign up for a date today**—we look forward to welcoming you to Wildcat Country!

Golden Wheel Challenge

The Golden Wheel Challenge is underway! The Golden Wheel Challenge runs on the first Wednesday of almost every month. Each month all the classrooms 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.)

Wade Thomas grocery shoppers: you can earn FREE money for YES!"

Did you know most of our local grocery stores will give **FREE MONEY** to support your child's enhanced education by giving a percentage of what you are already spending at the grocery store to our YES Foundation?

Every single family can help raise money for the inspiring programs YES provides to every single child in our district—programs such as art, music, theater, library books, poetry, and technology—without it costing you an extra penny.

Last year, together we raised about \$70,000 through our "Shop for YES" (eScrip and Community Card) Program! That's a fantastic start, but if just half our district families participated in the Shop for YES Program, we could earn \$350,000 for FREE. That would be incredible.

To participate is simple. Different local stores have different methods of tracking our grocery shopping. To learn how your store tracks and gives, find your favorite store(s) and follow the easy steps to make sure your shopping counts.

Safeway (gives 1-4%; cash or debit card purchases only):

1. **Register** or renew your eScrip account. Go to www.escrip.com to get started. YES Foundation's ID number is **5109569**. eScrip must be renewed annually or your shopping won't count. Do this today!
2. **Make sure your Safeway Club card** is registered with your eScrip account.
3. **Show your Safeway Club card** to the cashier every time you shop!

United Markets (3%) & Good Earth (3%):

1. **Pick up a community card** at your school's office or go to www.yestokids.org/comm_card_form.html to request a card and we'll mail them to you.
2. **Show the community card** to the cashier every time you shop!

Fairfax Market (3%), Woodlands Market (2-5%), Mollie Stones (1-5%):

1. **Register** or renew your eScrip account. Go to www.escrip.com to get started. YES Foundation's ID number is 5109569. eScrip must be renewed annually or your shopping won't count. Do this today!
2. The next time you are in the store, ask the cashier for a community card.
3. **One time only:** fill out the short, one page form at the cashier station, check "YES Foundation" box, and hand the form back to the cashier. This will link your new card to YES through your eScrip account
4. **Show your card** to the cashier every time you shop!

Questions? Contact Jennifer Overaa at joveraa@comcast.net.



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

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