



the Mustang News

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

Important Dates

Nov 25 – **Thanksgiving Recess,**
Nov 29 No School

Thank You! Thank You! Thank You!

The 2013 and 20th Annual Wade Thomas Lap-A-Thon has officially come to a close! The Mustang community rallied together to make this **the most successful Lap-a-Thon Wade Thomas has ever had!** The students ran a combine total of **13,122 laps!** Wow!

A few important announcements to make:

- **We raised over \$72,000!!** We did it! We went above and beyond our goal of \$65,000!!!!
- **Awards were given out** at assembly on Wednesday, November 6th to Wade Thomas's top individual and class fundraisers. Congratulations Team Ott/Gallardo for raising the most money!

Team Wise was a VERY close second!

- **Additional prizes** to come for students that raised \$50, \$100 and/or \$200.

Way to Go, Mustangs!

Thank you to everyone who ran their hearts out and helped raise money for the school. You should feel very proud of your accomplishments. And thank you to all of the dedicated parents who helped throughout the event. We couldn't have done it without you!

Your Lap-A-Thon Co-Chairs,
Elizabeth Peterson, Mindy Magnusson
and Kristen Marcucci

Don't Forget

Parent Conferences are December 2-6.

School hours are 8:30am - 12:05pm for all students.

Please adjust your calendars and schedules accordingly!

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.

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.

