





Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

12/7/2020 - 12/11/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheeseburger burger topped with cheese on a freshly toasted bun Syrup Sweet Potato Fries Homemade Carrot & Raisin Slaw	French Bread Pizza crispy French bread smothered with tomato sauce and melted cheese Broccoli Florets Fresh Apple	<div>Curbside Pick Up KHS Student Lot</div> <div>10:30am to 11:30am</div> <div>Check for Menu Details on Killingly Public Schools Website</div>	Cheeseburger burger topped with cheese on a freshly toasted bun Syrup Sweet Potato Fries	French Bread Pizza crispy French bread smothered with tomato sauce and melted cheese Broccoli Ranch Dressing Fresh Apple
	Santa Fe Wrap wrap with grilled chicken, hot peppers, sauteed onions, corn, and salsa Cucumber Coins Ranch Dressing	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato Cucumber Coins Ranch Dressing Fresh Apple		Chicken Delight Wrap tender chicken and melted cheese wrapped in a tortilla Homemade Carrot & Raisin Slaw Potato Chips Applesauce	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato Cucumber Coins Ranch Dressing Fresh Apple
	Nachos with Cheese creamy cheese layered over a bed of nachos Spicy Black Bean Salad Salsa	Nachos with Cheese creamy cheese layered over a bed of nachos Spicy Black Bean Salad Salsa		Nachos with Cheese creamy cheese layered over a bed of nachos Spicy Black Bean Salad Salsa	Nachos with Cheese creamy cheese layered over a bed of nachos Spicy Black Bean Salad Salsa
	Mediterranean Watermelon Salad fresh lettuce topped with watermelon, onion, and feta cheese Cheesy Garlic Bread	Garden Salad Entree fresh garden salad topped with meat Mixed Berry Cup Potato Salad		Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	Garden Salad Entree fresh garden salad topped with meat Mixed Berry Cup Potato Salad

Please contact the school nurse with any allergy concerns.

The kitchen manager can be reached at 860 779 6735 or vkozlowski@killinglyschools.org

No. Really. Take the Meals.

Reasons why you should take advantage of the free school meals being offered:

- It extends your food budget & saves you time and prepping lunches
- It's comforting & familiar to your kids to have food from school
- It's confidential & not just for low-income families, all Killingly students are welcome
- You're helping the local food service program stay financially afloat
- You're helping the food program use up food inventory = less waste

USDA is covering the cost for these meals during COVID-19

You're not taking it away from someone else who needs it more

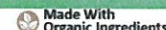
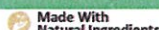


SIMPLY ROOTED
in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1% fat free or flavored milk & a grain.

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.





December Holiday Food Order

December 22 to January 3, 2021 Meal Pick-Up Schedule for Killingly Schools. **PLEASE POP YOUR TRUNK!**

_____Yes, I will participate and pick up meals at Killingly High School between 11:00am to 12:00pm in the student parking lot on the following dates:

WEEK 1: PICK UP ON: Tuesday, December 22, 2020 (Breakfast for Dec 23, 24, 25, 26, 27, and 28. Lunches for December 23, 24, 25, 26, 27, and 28) 6 Breakfasts and 6 Lunches.

WEEK 2: PICK UP ON: Tuesday, December 29, 2020 (Breakfast for December 29, 30, January 1, 2, and 3. Lunches for December 29, 30, 31 January 1, 2, and 3) 6 Breakfasts and 6 Lunches.

Family Name: _____ # of children _____

Please hand this in at the curbside meal pick-up site (High School in the Student Parking Lot) 10:30 am to 11:30 am or email mugant@whitsons.com or geddesc@whitsons.com

no later than

December 14, 2020.

→ ALL MEALS ARE FREE ←

If you only want one weeks' worth of meals, please circle the week you want.





Killingly Parks and Recreation, The Killingly –Brooklyn Rotary
and the Killingly Public Library hope you can join us for;

The Holly-Jolly Car Caravan



Come visit your Holiday Friends as they'll be spending an evening in Killingly and safely wishing everyone a great Holiday Season. Drive by the festive wagons and wave to Mr. and Mrs. Claus and their friends Frosty and Rudolph as the elves collect your letters to Santa and distribute a snack. There will also be an opportunity to drop off a gift for the Tommy Toy Fund. All of this right from the warmth and comfort of your own car.

WHEN: FRIDAY, DECEMBER 4TH

TIME: 5PM-7PM

WHERE: KILLINGLY INTERMEDIATE SCHOOL

Cars will enter, stay to the right and drive around the back of the building to get to the front lot where the characters will be along with the mailbox for letters and Tommy Toy drop off point. Everyone **MUST** stay in their cars and please follow any further instructions given that night for the safety of all.



Thanks to our friends at **Killingly-Brooklyn Rotary** for the snacks and the **Killingly Public Library** with delivering the letters to Santa.



TOMMY TOY FUND

We are working with the CT Tommy Toy Fund to collect new toys as part of this event. Just watch for spot along the drive to hand off the toy to one of our elves.



Registration

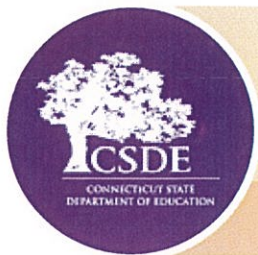
Sorry, No In-Person Registration

Please contact the
Killingly Family Resource Center
to register

860-779-6773

**Mondays November 23rd, 30th and December 7th
9:00am-3:00pm**

All applying families must be approved and pre-registered to receive toys.
Confirmation page will be mailed or emailed separately.



Connecticut State Department of Education

Professional Support Series for Families

Please see below and join as we learn together and grow together.

Series 20 — November 30, 2020

Virtual Town Hall for Parents and Families: Supporting Children in Remote Learning during COVID-19 (Live webinar)

Q & A Session for Families

Families, do you have questions about remote learning?

The Connecticut State Department of Education is hosting a Virtual Town Hall for Parents and Families to discuss remote learning during COVID-19. The COVID-19 pandemic is presenting incredible challenges not only for schools but also for families. Families are coping with new terms like hybrid, remote, and asynchronous, along with multiple online platforms and various technology issues, all while trying to keep their children safe.

Parents and families are invited to join members of the Connecticut State Department of Education, and community, education and child development experts to provide tips and best practices, answer questions and highlight new resources to support students and families in remote learning in Connecticut. The Town Hall will be in a webinar format and participants will have the opportunity to ask questions of panelists.

Date: Tuesday, December 8, 2020, 5:30–6:30 p.m.

Register: <https://ctserc.net/townhall>

Contact: judy.carson@ct.gov

Panelists:



- Charlene Russell-Tucker, Deputy Commissioner, CSDE
- Irene Parisi, Chief Academic Officer, CSDE
- Bryan Klimkiewicz, Division Director, Bureau of Special Education, CSDE
- Gladys Labas, Director of Equity and Language, CSDE
- Judy Carson, Program Manager, School-Family-Community Partnerships, CSDE
- Ingrid Canady, Executive Director, SERC
- Subira Gordon, Executive Director, Connecticut Coalition for Achievement Now (ConnCAN)
- Robert D. Keder, M.D., Developmental and Behavioral Pediatrics, Connecticut Children's Medical Center; Assistant Professor, Pediatrics, UCONN School of Medicine

Save the dates! See next page for upcoming sessions.

Connecticut State Department of Education

Professional Support Series for Families

Save-the-Dates!

Date: December 11, 2020, 10:00–11:30 a.m.

**Reimagining Family-School Partnerships in a Remote Learning Environment:
How Can We Co-Develop School and Family Capacity to Support Student Success?**

Guest: Elizabeth Chu, Director, Center for Public Research and Leadership and author of [Family Guide To Distance Learning](#)

Registration: Join the mailing list to receive registration information at [Friday CAFÉ: Connecticut's Professional Network for Family Engagement](#)

Date: To be announced

A Place at the Table: Connecting with Each Other to Support Our Kids in School

For more information and registration: kari.sullivan@ct.gov



United States Department of Agriculture

Farmers to Families Food Box



FREE Box of Meat, Dairy, & Produce

ONE DAY ONLY!

Wednesday, December 9, 2020

9:30 AM - 3:30 PM

Killingly Intermediate School
1599 Upper Maple St, Dayville, CT 06241

Please register here:

<https://forms.gle/DBpB9YeQp68Uyscs8>

Registration is recommended to reduce wait times.



COVID PROTOCOLS

This is a friendly reminder for parents to monitor your child's health daily. We are coming upon flu season and monitoring symptoms is key to keeping our community healthy and safe. If any symptoms listed below are present, please keep your child home and notify the school nurse, Susan Spagnuolo, at 860-779-6725.

Symptoms may appear 2-14 days after exposure to COVID 19.

SYMPTOMS CAN INCLUDE:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body ache
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If your child has had contact with a person who has COVID-19, keep your child home and notify the school nurse.

WHAT COUNTS AS CLOSE CONTACT?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- You were sneezed or coughed upon, or somehow got respiratory droplets on you

Susan Spagnuolo, RN