



Tri-C Menu and Notes

February 6-17, 2012



Lincoln

Menu Key:

All breakfasts served with choice of juice and milk.

All lunches served with choice of milk. Menus are subject to change to availability of food.

Menus are posted on the Tri-C school's website link of www.cartervilleions.com. They will also be printed in The Courier newspaper.

1% white or chocolate milk is available with both meals.

Assorted 100% juices are available with breakfast.

+ = whole grain products

* = lowest fat product available


K = ketchup (available upon request)

M = mustard (available upon request)

6 Cereal & toast Hamburger on bun+ French fries Pickle spear Orange smiles K & M	7 Pancake sausage on stick & syrup Mini tacos+ Nacho cheese sauce* Whole kernel corn Diced pears	8 Muffin & string cheese Chicken strips* Potato smiles Green peas Dinner roll+ Sugar cookie	9 Sausage egg biscuit Tomato soup Ham & cheese * sandwich+ Gold fish crackers+ Mixed vegetables Grapes	10 Donut or Cereal & toast Personal pan pizza+: cheese* Lettuce salad Ranch dressing* Banana
13 Cereal & toast Hot dog* on bun+ Vegetarian beans Corn chips+ Diced pears K & M	14 Mini French toast & syrup Spaghetti+ w/meat sauce Garlic cheese breadstick+ Lettuce salad Ranch dressing* Red applesauce	15 Trix Yogurt & Elfin grahams Meatloaf w/ ketchup Whipped potatoes Green beans Dinner roll+ Sugar cookie	16 Cinnamon tasterie Pepperoni* pizza slice+ Whole kernel corn Diced peaches	17 Donut or Cereal & toast No lunch: Early dismissal

Upcoming Dates:

February 7 – PTO Meeting – Tri-C Library (6:30 p.m.)

February 14 – Happy Valentine's Day – Classroom Parties 

February 16 – Cyber Safety Parent Meeting at CHS Auditorium (6:00 p.m.) – See below for details

February 17 – **11:05 a.m. EARLY DISMISSAL** (½ day Teacher Inservice Day)

February 20 – **NO SCHOOL** (Presidents' Day)

February 29 – Leap Day

March 2 – 2012-13 Kindergarten Registration (10am-6pm) – no school for currently enrolled Kindergarten students (Grades 1st-4th will be in attendance)

March 9 – **11:05 a.m. EARLY DISMISSAL**

March 12-16 – **NO SCHOOL (Spring Break)**

Skyward On-line Family Access Tips:

- To change/update email and phone # information on Skyward Family Access, click on the *SkyIert* link under General Information on the left side of the screen, then click *Edit*. You may edit email and phone # info, as well as add additional phone and email contact information.
- Please view information listed in *Student Information* to make sure the information is listed correctly. To make changes (other than phone or email), such as address or emergency contact info, please come to the Tri-C the office or send a letter requesting changes/updates. (These changes may not be made over the phone.) Family Access only allows you to update phone and email information. All other profile updates must be completed by the Tri-C office.
- Under *General Information*, you may also make the following changes:
 - o Email Notifications (update notification preferences for Attendance/Food Service/Grades)
 - o Food Service (see cafeteria balances and make on-line cafeteria payments)
- If your student is a Bus Rider, you may view Bus information in the *Student Information* link, under the *Bus Schedule* tab in the top-center of page (please direct bus changes or updates to Transportation at #618-985-5727 or mbradford@cartervilleions.com).
- If you are denied On-line Family Access, please contact Tri-C Office at #618-985-8742 or send an email to cpuckett@cartervilleions.com.
- **Please make sure phone and email contact information is kept current.**

Cyber-Safety Parent Event

February 16, 2012

Cartersville High School Auditorium

6 p.m.

Free Event for Tri-C, CIS & CHS Parents



Presented by Christine Feller

Internet Safety Specialist, Illinois Attorney General's Office
High Tech Crimes Bureau

- Ms. Feller received a M.A. in Criminal Justice, with a concentration in Computer Fraud Investigations, and a B.A. in Economics
- She has previously worked at the National Center for Missing and Exploited Children, where she managed the Child Victim Identification Program
- She educates children, parents, and other community members on their role as digital citizens when engaging in online activity
- Come learn with us!