



September 1, 2010 | Issue No. 1

# the Mustang News

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

## Important Dates

- Sep. 6th **Labor Day—  
No school**
- Sep. 7th **Slip Schedule  
begins—  
(1st & 2nd grades)**
- Sep. 10th **Wade Thomas  
Campout  
6pm to 9am**
- Sep. 13th **WTPA Meeting  
7pm**



## Safe Routes to School News

### Welcome Back Everyone!

It was great to see so many bike riders, walkers and carpoolers this week! Go Mustangs!

**We are off on the right foot**—so many folks are finding ways other than their cars to get to school and Safe Routes will be encouraging even more of you to hop on your scooters, walk, run, skip, unicycle, skateboard or carpool!

**Every first Wednesday of the month** Safe Routes will have tables set up near the bike racks on Woodland, and in front of the Multi Purpose Room. We will have

healthy snacks and juice for all participants. We will also have information on upcoming contests, raffles, activities, etc.

Please stop by one of our tables this **Wednesday, September 1st** between 8:15 and 8:30 for some refreshments.

Safe Routes Team Leaders,  
Ted Fehlhaber  
[tf@mmcpro.com](mailto:tf@mmcpro.com)

Tanya Henry  
[tanyahenry@comcast.net](mailto:tanyahenry@comcast.net)

**Emergency Hotline (415) 721-4751**

The Mustang News is published weekly on Wednesdays. Please submit newsletter articles by Monday (2 days prior), 3pm to [wtinfo@rossvalleyschools.org](mailto:wtinfo@rossvalleyschools.org). All submissions will be approved by the Ross Valley School District office prior to inclusion.

## A big thank you!

Thanks to **Dean Stubbings of Madera Furniture**. Dean magnanimously reduced the price on a handbuilt reclaimed wood table for outside Mr. Garry's 4th grade portable so the children can have ample space to work in smaller groups outside.

### **Madera Furniture**

1587 Sir Francis Drake Blvd.  
[www.maderafurniture.net/](http://www.maderafurniture.net/)  
516-3567

## School Lunch News

**We are thrilled to announce our new lunch program using Choicelunch!** Early reports from students are two thumbs up for their healthy meals with fun snack, fruit, and beverage options. Choose from 17 meals daily including hamburgers, potstickers, chicken tenders, sushi, burritos, pasta, sandwiches, salads, and much, much more. Red Boy Pizza is delivering pizza every Monday and Friday too!

All meals are ordered online at <http://www.choicelunch.com/> using registration code Ross. Meals can be ordered the day before and cancelled the day of for credit.

**Questions?** Contact Susan Reed at 451-4074 or via email: [food@rossvalleyschools.org](mailto:food@rossvalleyschools.org).



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## Youth Pass and Bus Passes— Fall 2010

If you would like to purchase a Fall/Winter Pass, please make out a check for \$175 payable to Ross Valley School District. Please return the check to the administrative assistant at your school. They will create an identification card using your child's school photo and the appropriate Marin Transit sticker(s).

**The Fall/Winter pass is good for the time period August 16, 2010 through February 28, 2011.** You may also purchase a full year Youth Pass for a discounted price of \$325. Students purchasing full year Youth Passes will receive both the Fall/Winter sticker and the Spring/Summer sticker on their identification card. For students who do not want to purchase a Youth Pass, daily bus tickets can be purchased for \$1.00

per ride at local retailers (Circle K Market in San Anselmo, Golden Gate Ferry Larkspur Terminal in Larkspur, Café Salute at the San Rafael Transit Center and Golden Gate Transit office on 110 Andersen Drive, San Rafael).

**Questions?** Please contact Delynne Cullen, at 415-451-4070 if you need additional information or visit the Marin Transit web site: [www.marintransit.org](http://www.marintransit.org).



## **Answers to Frequently Asked Questions RVSD Lunch Program**

### **How do I order lunches for my child?**

Go to <https://www.choicelunch.com> to log into the Choicelunch website. You will need to setup a new account using the district code: Ross. Once logged in, you may add students to your account and begin placing your orders. There are several online links to guide you through the process.

### **What are my choices for lunch?**

The daily menu offers 4 hot entrees and 13 cold entrees. Pizza from our local Red Boy Pizza is offered on Mondays and Fridays. Nutritional and allergen information can be found by clicking on the entrée link. In addition to the main entrée, your student will choose on site from a selection of fruits and vegetables, snacks, and beverages (milk or water). Portion size options are regular or large, depending on the entrée.

### **What are my milk choices?**

Milk will be served with each lunch. At the time of service, your child will have the option of choosing 1% milk, non-fat milk, or water. You will not be able to specify when you order what your child will drink since this decision is made on site by your student. To receive soy milk, federal regulations require that we have a medical form completed by the doctor which states that your child is allergic to cow's milk in order for us to serve your child soy milk. Please contact Susan Reed (see below) to receive this medical form.

### **Can I order milk only?**

Yes. Using a Choicelunch account, you can order milk coupons in various packet sizes for \$.60 per milk. The coupons will be mailed to your home address. Your student will need to present a coupon to the lunch service to receive their milk. To set up a Choicelunch account, please see instructions above. Look for the Milk Program link on the Order Lunches page on their website. You will not be required to order any lunches.

### **What about Field Trips?**

Field trip lunches consist of a bagel and cream cheese, fruit, snack and water. Field trip lunches arrive the day before the field trip and therefore need to be ordered two school days before the field trip. This lunch option will be available soon.

### **What if my child does not have a lunch?**

If your child does not have a lunch for whatever reason, we can provide your student with an emergency lunch. Your Choicelunch account will be charged for this meal along with a surcharge of \$1.45. If you prefer to block your child from receiving emergency lunches, please select this option under your account customization.

### **How do I pay?**

Payments can be made online by credit card or by check. Payment by credit card is for the exact order amount, regardless of the size of the order. You can choose to have your credit card number retained by Choicelunch for future orders. Payment by check requires orders to be placed a minimum of one week in advance.

### **What if I need to cancel or change a lunch?**

If you cancel the lunch by 5pm the school day before, you receive full credit on your Choicelunch account for future use. If you cancel after 5pm the school day before but before 9am the day lunch is to be served, you receive half credit on your account for future use.

### **What about refunds?**

Only credits will be issued for all cancellations (no payment refunds). Credits may be redeemed online for your next order.

### **What if I am eligible for Free and Reduced Meals?**

If you have an approved application on file, you will be able to order the same delicious lunches. Please contact the district office for further instructions or review information at [www.rossvalleyschools.org](http://www.rossvalleyschools.org).

Questions? Contact:

Susan Reed

Food Services Coordinator

415-451-4074 / [food@rossvalleyschools.org](mailto:food@rossvalleyschools.org)

# RVSD School Lunch Menu August-September 2010

Please circle one preferred meal for each day. In addition to the lunch options displayed, the following meals are also available daily. Please write the meal in on the desired day.

**Annie's Mac and Cheese**

**Classic Turkey Sandwich**

**Bagel with Cream Cheese**

M	T	W	TH	F
<b>AUG 23</b> Oven-Roasted Herb Chicken  Authentic Baked Ziti  Cheese Pizza  Avocado Sushi Roll	<b>AUG 24</b> Oven-Baked Chicken Tenders  Perfect Pesto Pasta  Classic Spaghetti with Meatballs  Italian Pasta Salad  Hummus and Pita Bento Box  Ham & Cheese Sandwich	<b>AUG 25</b> Mild Chile Cheese Tamale  All-American Hamburger with Roasted Potatoes  Chicken Noodle Soup  Italian Pasta Salad  Cucumber Sushi Roll  Avocado Sushi Roll  Tuna Salad Sandwich	<b>AUG 26</b> Smokehouse BBQ Chicken  Pasta Marinara  Shredded Chicken "Taquitos"  Italian Pasta Salad  Cucumber Sushi Roll  Ham & Cheese Sandwich  Avocado Sushi Roll	<b>AUG 27</b> Hand-Rolled Chicken Enchiladas  Three Bean Chili  Pepperoni Pizza  Hummus and Pita Bento Box  Cucumber Sushi Roll
<b>AUG 30</b> Bean & Cheese Burrito  Smokehouse BBQ Chicken  Cheese Pizza  Italian Pasta Salad  Avocado Sushi Roll  Tuna Salad Sandwich	<b>AUG 31</b> Pan-Seared Potstickers  Four-Cheese Ravioli with Marinara  All-American Cheeseburger with Roasted Potatoes  Hummus and Pita Bento Box  Ham & Cheese Sandwich  Cucumber Sushi Roll	<b>SEP 1</b> Breakfast-For-Lunch Burrito  Oven-Baked Chicken Tenders  Chicken Chow Mein  Italian Pasta Salad  Ham & Cheese Sandwich  Avocado Sushi Roll	<b>SEP 2</b> Chicken Noodle Soup  Smokehouse BBQ Chicken  Teriyaki Veggie Rice Bowl  Cucumber Sushi Roll  Tuna Salad Sandwich  Hummus and Pita Bento Box	<b>SEP 3</b> Hand-Rolled Beef Enchiladas  Pasta Marinara  Pepperoni Pizza  Avocado Sushi Roll  Ham & Cheese Sandwich  Italian Pasta Salad
<b>SEP 6</b>  NO SCHOOL  LABOR DAY	<b>SEP 7</b> Teriyaki Chicken Rice Bowl  Pan-Seared Potstickers  Mild Chile Cheese Tamale  Italian Pasta Salad  Ham & Cheese Sandwich  Avocado Sushi Roll	<b>SEP 8</b> Four-Cheese Ravioli with Marinara  Shredded Chicken "Taquitos"  All-American Hamburger with Roasted Potatoes  Cucumber Sushi Roll  Tuna Salad Sandwich	<b>SEP 9</b> Oven-Baked Chicken Tenders  Chicken Baja Burrito  Perfect Pesto Pasta  Avocado Sushi Roll  Ham & Cheese Sandwich  Hummus and Pita Bento Box	<b>SEP 10</b> Bean & Cheese Burrito  Double Decker Meat Lasagna  Pepperoni Pizza  Cucumber Sushi Roll  Tuna Salad Sandwich

All meals include fruit, snack, and beverage

M	T	W	TH	F
<b>SEP 13</b> Oven-Roasted Herb Chicken Chili Mac Cheese Pizza Italian Pasta Salad Ham & Cheese Sandwich Avocado Sushi Roll	<b>SEP 14</b> Oven-Baked Chicken Tenders Veggie Lover's Chow Mein Smokehouse BBQ Chicken Cucumber Sushi Roll Tuna Salad Sandwich	<b>SEP 15</b> Chicken Noodle Soup Chicken Tamale with Tex Mex Rice Authentic Baked Ziti Avocado Sushi Roll Ham & Cheese Sandwich Avocado Sushi Roll	<b>SEP 16</b> All-American Cheeseburger with Roasted Potatoes Pasta Marinara Pan-Seared Potstickers Hummus and Pita Bento Box Tuna Salad Sandwich	<b>SEP 17</b> Classic Spaghetti with Meat Sauce Three Bean Chili Pepperoni Pizza Italian Pasta Salad Ham & Cheese Sandwich Avocado Sushi Roll
<b>SEP 20</b> Shepherd's Pie Shredded Chicken "Taquitos" Cheese Pizza Cucumber Sushi Roll Tuna Salad Sandwich	<b>SEP 21</b> Perfect Pesto Pasta Oven-Baked Chicken Tenders Breakfast-For-Lunch Burrito Hummus and Pita Bento Box Ham & Cheese Sandwich Avocado Sushi Roll	<b>SEP 22</b> Teriyaki Chicken Rice Bowl Classic Spaghetti with Meatballs Mild Chile Cheese Tamale Cucumber Sushi Roll Tuna Salad Sandwich	<b>SEP 23</b> Fried Rice and Veggies All-American Hamburger with Roasted Potatoes Hand-Rolled Chicken Enchiladas Italian Pasta Salad Hummus and Pita Bento Box Ham & Cheese Sandwich	<b>SEP 24</b> Bean & Cheese Burrito Roasted Turkey w/ Mashed Potatoes and Stuffing Pepperoni Pizza Cucumber Sushi Roll Tuna Salad Sandwich
<b>SEP 27</b> Painted Hills Big and Beefy Burrito Chicken Noodle Soup Cheese Pizza Italian Pasta Salad Avocado Sushi Roll Ham & Cheese Sandwich	<b>SEP 28</b> Chicken "Fried" Rice Four-Cheese Ravioli with Marinara All-American Hamburger with Roasted Potatoes Hummus and Pita Bento Box Tuna Salad Sandwich	<b>SEP 29</b> Classic Spaghetti with Marinara Oven-Baked Chicken Tenders Chicken Chow Mein Italian Pasta Salad Avocado Sushi Roll Ham & Cheese Sandwich	<b>SEP 30</b> All-American Cheeseburger with Roasted Potatoes Sukhi's Tandoori Chicken Authentic Baked Ziti Cucumber Sushi Roll Tuna Salad Sandwich	

***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 <https://www.choicelunch.com>***

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:

District Office  
 110 Shaw Dr.  
 San Anselmo, CA 94960

Questions? Call Susan Reed at 415-451-4074, email [food@rossvalleyschools.org](mailto:food@rossvalleyschools.org) Fax: 415-454-6840