Kadimah

January 2016



Head of school

Einav Symons

Stepping Stones or Obstacles? For the last few months, a number of Board members. Marci Wiseman and I

have been deeply involved with the GFA- Governance and Fundraising Academy. One of our tasks is to examine and assess Kadimah's Mission Statement. The following modified speech has given me great inspiration for this process: "At Kadimah we continually face challenges; how

we view them defines us! Do we choose to see the challenges as stepping-stones or as obstacles? If we choose to see them as obstacles, then the challenges we face will be viewed as problems - problems that need to be overcome, along with all the negative connotations associated with problems.

(Continued on next page)

Upcoming Events

News

1/2 - NO SCHOOL New Year's Day Observance

1/16 - NO SCHOOL Martin Luther King Jr. Day

1/24 - Grades 2-8 Field Trip to Albright-Knox Art Gallery



Message from Mrs. Paskowitz

Happy New Year!

Blessings for good health, much joy and nachas in 2017! I am so happy to visit each of the classrooms and see excellent teachers utilizing differentiated methodology for instruction; bright, highly-engaged students eager to learn and work together in small, cooperative teams; nursery students in wide-eyed amazement as they learn about the world around them; best of all is the sound of children davening (praying)! Our sages teach us that our world exists due to the merit of our children's prayers; listening to those prayers, I can really understand what our sages meant.

One morning I hope you can join our students at 8:15 am in our hall, for their "gathering". It is another of my favorite school-wide experiences. Many students carry American and Israeli flags. We say Shma Israel to ensure it is said "B'zman" at the correct time; we recite the pledge and sing the American and Israeli national anthems; we share news and congratulate our Bar & Bat Mitzvot students. We do a "Sababa" greeting (have your children show you!) and we recite our pledge (see on page 2).

It is a great way to begin our day of learning!



Ozzy Enis

Ozzy stands out for his hard work and participation in all his classes. He is Intelligent, responsible, and thinks ahead. Ozzv demonstrates maturity by taking responsibility for his actions, offering help to his peers and teachers and being respectful. His teachers see a lot of positives in his academics and attitude :) Yasher Koach and amazing effort Ozzy!



adimah



STUDENT PLEDGE

I PLEDGE TO:

- TREAT OTHERS WITH KAVOD (כבוד) RESPECT
- AVOID L'SHON HARA (לשון הרע) USE KIND WORDS
- ♦ PERFORM ACTS OF (חטד) KIND ACTIONS
- STAND UP FOR MYSELF AND OTHERS AND BE A
 RODEF SHALOM (רודף שלום) SEEKER OF PEACE

A great deal of wasted energy can be spent focusing on a negative mindset - mindsets like "I can't", "I won't", "I don't want to" and "I shouldn't have too". We, at Kadimah, however, choose to see challenges as stepping-stones - opportunities that we have encountered along the way for us to use, to "step on", so that we can achieve more, develop further and ultimately actualize more of our goals! Among the many challenges that face us - let's focus on one or two main areas. How do we define Kadimah's vision, staff diversity and staff development as stepping stones and not as obstacles?

There is so much information out there in terms of developing a vision for Kadimah Academy - too much in fact. We need to guard against the temptation to create a vision that is too broad, too encompassing and ultimately a vision that is too generic, that it eventually says nothing. We need to be mindful of the temptation that focuses on quantity instead of quality. A plethora of information - can we use it all? No. A new idea comes along - do we suddenly throw out the old? No. So, what do we do? All the dedicated staff, Board members, parents, students and alumni at Kadimah need to be committed to defining our vision. We need to create a vision whereby our name continues being synonymous with excellence, innovation, honor, integrity and outstanding quality and service. That's it - we need to promise less and deliver more...every time. If we keep our vision simple yet goal focused - then we will have turned defining our vision into a stepping-stone, one which we will use to reach even greater heights.

Our staff is fantastic...fantastic, yet diverse. We have a kaleidoscope of professionals different in so many ways. We see diversity as a stepping-stone. We focus on the individuals' strengths and use their strengths in a very goal-directed niche within our school. We are so fortunate to have teachers and staff that enhance our vision with their special talents, talents given willingly and passionately. The stepping-stones at Kadimah are here. Our results attest to this, our work ethic confirms this and our vision underpins this.

Kadimah Academy is a magical place - of that there is no doubt. Our school may not be perfect - but we'll keep working on that. We have our moments - but I suspect that underneath it all - we ALL think we're kind of special!"

I wish all of you a happy and healthy 2017!

And, as you balance yourself on those stepping stones, please know that the Kadimah Family is here to support you and cheer you on!



KADIMAH ON THE BIMAH Marci Wiseman

What's a congregation to do when its rabbi goes on a well-deserved sabbatical? Who takes over the duties to make certain things run smoothly and meaningfully in his or her absence? These were the questions raised as Rabbi Netter of Temple Beth Tzedek began making arrangements to spend the year in Israel with his family from October to May. What's the answer? Send in the Kadimah Academy Middle School!

Kadimah Academy students will take the helm at Friday night services, delivering the weekly *D'var Torah* (words of Torah) while Temple Beth Tzedek's Rabbi Perry Netter is away.

It wasn't a huge leap for our Head of School, Einav Symons, to suggest that the adept students lend a hand... and their skilled, critically-thinking minds.

"I was more than thrilled by the idea," said Netter. "It comes from their study of *parshat hashavuah* (weekly Torah portion). The ability to delve into the *parsha* and be able to teach it to adults deepens their connection to and understanding of the Torah and the community."

Support our students and bring your family to services to see them in action, with a delicious school-sponsored Oneg to follow, at Temple Beth Tzedek, 621 Getzville Rd, Amherst, NY, on Friday nights, 6:00-7:30, November through April. *N'siyah tovah* (safe travels) Rabbi Netter, and Kol haKavod Kadimah!





Nov 11	Shira Symons	Feb 3	Michael Sanders
Nov 25	Norimi Truskinovsky	Feb 10	Charlie Herman
Dec 2	Jonah Slabodkin	Feb 24	Norimi Truskinovsky
Dec 9	Maya Slabodkin	Mar 3	Gilad Symons
Dec 23	Michael Sanders	Mar 17	Hailey Epstein
Dec 30	Shira Symons	Mar 31	Gilad Symons
Jan 6	Jonah Slabodkin	Apr 7	Jane Ablove
Jan 13	Charlie Herman	Apr 14	Jane Ablove
Jan 27	Maya Slabodkin	Apr 28	Hailey Epstein



Contact Marci Wiseman, Director of Community Relations and Engagement, with questions, or if you'd like to help with sponsoring one of the Onegs, at <u>marci.wiseman@kadimah.org</u> or <u>716-836-6903</u>. This article is excerpted from a two-part article in the October and November 2016 issues of the Buffalo Jewish Journal, "Kadimah Students Go for the Gold" and "Kadimah on the Bimah" – be sure to take a look! Copies available in the school office.



Robotics Anna Martinick

The next few months students in the Kavod Robotics class will be filling you in on their robotics projects.

Norimi & Hailey: This year in our Robotics class we were given a challenge of creating our own unique robot. We decided to construct a snake robot that we named R3PTILE. The goal of our project is to improve our computer programing skills as we construct our snake. There are many challenges that we have to overcome before our robot is fully functioning so we will keep you posted on our progress.





<u>Shalom</u> Mrs. Lewis

The Shalom group finished the weather unit and started working on Chanukah. We learned the key vocabulary from the Chanukah story and using flashcards with words and pictures. We matched the words to their meanings and played memory games. After learning the vocabulary we started reading a Chanukah story/play. We divided the parts and acted it out. We answered some comprehension questions and did some language and vocabulary activities based on the story. For a few weeks now Morah Becky and I worked together. The students sang some Chanukah songs that they know and learned some new songs from Israel to add to their repertoire. We choreographed some of the songs and danced while singing. Mr. Shulman continues to bring us ruach and plays the music to our songs. We are planning on singing and dancing to the songs in the upcoming Chanukah program as well as making and decorating Chanukah cookies.

Happy Chanukah!

Science News Anna Martinick

Israel is studying the unit "Rocks and Minerals". The laboratory investigations focus on learning about the physical properties of minerals ,and use those properties to identify unknown mineral samples .Our study will include how sedimentary, igneous, and metamorphic rock are formed and how each rock type is classified..

The Kavod class is working on "Types of Faults", and "Reversal of Magnetic Polarity" labs as they study the Earth's surface features such as Mid -Ocean ridges, rifts, trenches, subduction zones, hot spots, magnetic and age patterns in surface bedrock that are associated with plate motion and interaction.











<u>Chesed ELA and Ancient History</u> Mrs. Cullinan

Students are wrapping up the novel and movie *Holes*. Their reading logs are almost complete. In the wild world of grammar, we have worked on different types of nouns, verbs, and adjectives. They have completed their first document based question (DBQ) essay on the topic of archaeology and are heading into their first research essay -- ancient religions -- implementing research, note taking, writing formal outlines, and composing a rough draft. We have continued working in our *Human Legacy* text learning about ancient civilizations where we are currently studying Persian empires. We are still watching Carl Azus CNN Student News on a weekly basis as well. The students have also finished their first independent reading projects (IRP) with much success.

Kavod and Israel Mrs. Cullinan

As we wrap up George Orwell's novel *Animal Farm*, the students have created digital and multimodal propaganda representations to teach their classmates about the myriad of forms of propaganda and how they affect us as citizens and consumers of products and information. As always, they do amazing work. Students were also asked to evaluate this mini-unit for future students and provide peer feedback. We have completed the WWI unit and are now learning about the Roaring 20s. Students are doing a fantastic Roaring 20s WebQuests to -- again -- teach their peers about the different aspects of Roaring 20s culture. We are still watching Carl Azus CNN Student News on a weekly basis as well. The students have also completed their first independent reading projects (IRPs) with great success.

<u>Ganon Kadimah</u> Morah Zahava

Chanukah Sameach from the Ganon classroom! The children are absolutely thrilled to be learning about this beautiful chag. With help from Mrs. Lewis and the older students, the Ganon students began learning two new songs, Sevivon Sov Sov and Chanukah Li Yesh which they were excited to perform at the Kadimah Chanukah party. The children learned about the miracles of Chanukah, and that the shemen lasted for eight full days! Then, we practiced lighting the candles with our class' model menorah. Through fun activities and games the children also learned new Hebrew words for Chanukah, such as shamash, cad shemen, chanukiah, and macabee. They made gorgeous menorahs, and they loved painting their menorahs with bright beautiful colors and decorating them with sparkly jewels.

Next week, we will begin to learn all about the dreidel! The children have already begun practicing spinning dreidels all over the classroom. We will do our best not to get too dizzy from all the fun!





<u>Shalom</u> Mrs. Cowen

In the Shalom Class we have started learning about Chanukah. We have reviewed the story and are now learning laws and customs associated with Chanukah. To get in the swing of things the children made edible dreidels. We used marshmallows for the body and pretzel sticks for the stem. We used Nutella as the "glue" to paste a Hershey kiss on the bottom. As you can see from the pictures the children really enjoyed making them and then eating them. I hope all of you have a wonderful Chanukah.







<u>Chesed</u> Mrs. Cowen

The children in the Chesed Class are continuing to learn about the life of Moses as we study the book of Exodus. Our scene has shifted to the land of Midyan where Moses has become a shepherd for his father-in-law, Jethro. We continue to discuss parshat hashavuah every week. Our tzedakah box is filling up and when it is ready the children will decide where to send the money. <u>1st Grade</u> Morah Becky

One more week and we will be having an Alef Bet Party! Why? Because we have mastered our letters! Hurray and Heydad! We will be getting our new book after the Chanukah Holiday. <u>Ivrit Lakol</u> is here and our fun will begin!

<u>Ahava</u> Morah Berkowitz & Morah Dana

This month, K/1 students excitedly learned all about Chanukah. We sang songs, read stories, practiced the blessings, acted out the story, played games, learned Hebrew vocabulary, and even did math, and creative writing as we explored the holiday. Sammy Spider visits us for every holiday, and of course, Chanukah is no exception. We made edible dreidels in our class. We can't wait to enjoy latkes (potato pancakes) and sufganiyot (jelly donuts), as well as crafts, trivia, singing and playing dreidel at our school-wide Hanukkah party. The children created beautiful gifts, wrapping paper and cards as a surprise for their families. Be sure to check out our bulletin board to see the fantastic dreidels that our K/1 students made with their families.

We also had wonderful "author/illustrator visits" as our students proudly shared their Story Journals with each other. We love math! Our kindergarten students are counting to 100 and counting by 10's. Our first graders are learning a variety of addition and subtraction strategies. We also love to read! We have a wide variety of books in our room that the students enjoy reading. We even put their names into many of our stories. The students really enjoy doing different stations as they practice reading High Frequency words.

Have a great break and we're looking forward to all the wonderful learning that we'll be doing in 2017.









Better Together Ms. Bongiorno

Students from Kavod and Israel had a wonderful Chanukah visit with our senior friends at Weinberg. This visit was extra special because Ruth Merlin, a past Kadimah teacher, was part of the program. Mrs. Merlin and the very talented Kadimah students led us in Chanukah songs. Michael, Jane, Shira, Hailey, and Norimi also shared their musical talents. There was a surprise visit from Rabbi Alex Lazarus-Klein from Congregation Shir Shalom. After the singing, we shared conversation, sufganiot and punch. A good time was had by all!











<u>Chesed</u> Mrs. Lewis

Chesed group moved on to the Chanukah theme. We worked diligently preparing a song and a skit for Chanukah which we are going to perform during the Chanukah program. The students learned some new stories about Chanukah. Old vocabulary was reviewed and new vocabulary was introduced to the students. The students used flashcards with pictures and words to help them memorize the vocabulary. Later on the students wrote sentences using the words describing the pictures in a worksheet and did some reading comprehension activities.

There was some action in class this month when we observed some crows attacking a hawk right outside our classroom. We could not help but watch how the crows received their reward by feasting on a deceased rat. We learned the words O-rev (crow) ,Netz (hawk) and Ach-barush (rat) and described what we saw in Hebrew. It was a real teachable moment!

We went over Chanukah songs that we know and learned some new songs which we sing with Mr. Shulman every week.

And last, something very exciting. This week for the first time, the Chesed group had a Yoga in Hebrew lesson with Morah Kochava. In a joint effort between Morah Kochava and Ms. Lewis the students learned Yoga moves together with Hebrew terminology. We felt very relaxed and had fun moving around the class and stretching, as well as learning some new Hebrew vocabulary. We are going to have Israeli -Yoga lesson and practice our moves and Hebrew every other week with our wonderful Yoga teacher.

Happy Chanukah!





<u>Math - Chesed, Kavod, & Israel</u> Ms. Wiese

This month flew by! The 8th-grade algebra students worked hard to learn all about lines and their equations. We are seeing so many concepts from elementary and middle school coming together and helping us work through challenging algebraic equations. The 7thgrade algebra students have been looking at functions and seeing how many real-world applications there are for all of these algebraic equations they are writing. The students have been asking a lot of guestions about topics not in the algebra curriculum, which leads to interesting extension discussions. Chesed math has been all about decimals: modeling decimals, multiplying decimals, dividing decimals, and working with powers of 10. We also spent some time looking at word problems that involved patterns and making tables. Shalom math has continued to extend on multiplication, culminating with double digit multiplication. The students are blowing me away with how quickly they are picking up on these multiplication concepts. The Guess What Jar contained a bunch of different flavors of Tootsie Rolls this month. I have been working with my "Secret Student" poster more this month and everyone got a lot of Guess What tickets. This month's guesses were extremely close!





Remembering Mrs. B (z"l)

Mrs. B's (Rivke Klein Berkowitz z"l) first yahrtzeit was December 3rd. Mrs. B spent a lifetime tirelessly supporting Kadimah Academy as a volunteer, parent, Associate Headmaster, and life-time Board member. On Wednesday, December 7th, Kadimah students and faculty observed 'Mrs. B Day' to commemorate her first yahrtzeit. Mrs. B started "Pizza Wednesday's" and it added meaning for us to celebrate her life on this day. At our morning assembly, Rabbi Strosberg spoke about the meaning of yahrtzeit (anniversary of someone's death) and things that we do for the soul to have an aliyah (be elevated). Then G'veret Cowen spoke from the heart about Mrs. B. Throughout the day, the davening (praying) and learning was done in her merit. Dr. B (Jerry Berkowitz) was our honored guest at lunch. After lunch, students and faculty participated in the mitzvah of giving tzedakah. Thank you to everyone who donated tzedakah. We will be donating over \$150 to two funds that represent two of Mrs. B's passions, Kadimah and Israel. The Rivke Klein Berkowitz Scholarship Fund helps students in our community attend Kadimah and One Family Fund helps people in Israel who have been impacted by terrorism. Head of School Einav Symons, spoke beautifully about Mrs. B, as a friend and mentor, and about her involvement in our school. Then Morah Berkowitz spoke about how much her mom loved all the students in the school and her special gift of seeing the best in each child. Mrs. B encouraged everyone to find the best within themselves and each other. Morah Berkowitz also spoke about the learning she did in her mother's merit throughout her 11 months of saying Kaddish, including studying two tractates of Mishna. Whatever learning you do you can find a connection to your own life. From her learning, Morah Berkowitz connected a section about loving Hashem and bringing peace to Mrs. B and also connected a section with Mrs. B's love of Gematria (secret codes in Hebrew). With help from Morah Berkowitz and the middle school students, the whole school joined together to do Mrs. B's famous "tushy dance". Mrs. B always brought so much ruach (spirit) to our school and it was wonderful to see everyone smiling as they sang and danced. At the end of the program, the Berkowitz family provided candy for each student. Based on more learning that Morah Berkowitz did during her year of mourning, she talked about the power of saying Amen. The students took turns saying Amen to each other's bracha (blessing). The whole day served as a powerful reminder of the wonderful relationships we had with Mrs. Berkowitz, how much she is missed and the legacy she has left behind.





<u>Kavod & Israel</u> Mrs. Lewis

The Israel and Kavod group finished the second unit in the book and wrote interesting endings to a story we read in class about a flight from Tel-Aviv to NYC and presented them to the class. We started learning a new story about Chanukah which takes place in Europe during the Second World War.

The students learned the new vocabulary, listened, read the story and answered questions in full sentences. We discussed the dilemma of the young boys and girls in the story and related it to our lives and thought about what choice would we made if we were in their place.

The Israel and Kavod students are currently taking a practice Hebrew Regents test to help them be familiar with the test format and have a chance to assess their knowledge and find out what areas they need to work on. We continue to cover the news headlines in Israel every Friday. We also discuss news that relate to the United States and Israel and put an emphasis on the cooperation between the two countries. We are currently working on a skit for Chanukah and learn and sing Chanukah songs with Mr. Shulman. We are excited about the upcoming Chanukah program in which we are going to present and help lead some of the activities.

Happy warm Chanukah!

<u>Art</u> Cathy Shuman Miller

This month Ahava completed their "Shabbat Kit", which should be going home before the winter break. It consists of fired ceramic candlesticks, a usable painted Kiddush cup and a hand-painted Challah cover, all in a beautiful hand painted canvas bag. Shalom started a unit on Paul Klee. Chesed is working on a collage inspired by the work of William Wegman. Israel and Kavod took home their ceramic "anthropomorphic" vessels, and are beginning a short unit on Georgia O'Keefe.





Mrs. Martinick says "Shalom"

Thirty-one years ago, a young teacher, fresh off having a baby, arrived at Kadimah Academy one morning to help out her friend by substituting for her in class.

She did so well that the next day, the assistant headmaster asked her to sub again, this time for the science teacher. So with the babysitting help of her mother, she agreed.

Anna Martinick never looked back.

"The rest was history," she said, reflecting on three decades of service at Buffalo's community Jewish day school. "I ended up staying, and that January, I took over the science program."

Now, after a long career teaching earth science, life

science and physics to hundreds of Western New York Jewish youth, Mrs. Martinick, is preparing to close out her time in the classroom in June.

Kadimah will host a special reception for parents and Alumni to honor Martinick on January 9 from 7:00 to 9:00 p.m., at the school. Current students will celebrate during school in the spring. For more information or to attend, contact the school office at (716) 836-6903. "At the end of the day, there's something special about Kadimah, and no one can take that away."

"It's a very sad time for me, because I'm having all this

angst about leaving, because I absolutely love teaching," she said. "But there's a time for everything."

She will be deeply missed. Throughout her long career teaching earth science and other subjects to hundreds of students, Martinick brought not only a deep knowledge of her field but also a desire for flexibility, creativity and hands-on learning that enriched her students' education.

Kadimah enabled that, she said, and she thrived in that supportive environment. "You are able to grow as an educator, which I found so important," she said. "That allowed me to fly and do things that we probably would not have been able to do as easily in another school district, because you'd have to go through so many people."

Over the years, she developed a new and more interactive science program for Kadimah designed to engage the students more directly in their learning. She helps prepare the school's eighth-graders to take the state's Regents exam in earth science – a year earlier than most public schools. She was named Erie County Teacher of the Year. And she recalls with joy when Kadimah's middle school students first started outscoring rival public schools on state tests in the 1990s. "We blew everyone out of the water when we first started," she said. "We were No. 1. We beat out every district on the state test. Our kids were just unbelievable, and that's something to be proud of."

Under her guidance, Kadimah students have also participated in various competitions, such as the Western New York Invention Convention, garnering individual awards every year in the regional contests while winning recognition and a reputation for excellence for the school. She also coordinates an engineering and robotics course, in

which students design and produce working models with assistance from the University at Buffalo Engineering Department Robotics Club.

More recently, she has introduced students to the broader community around them, through novel partnerships outside the school, while also extending her science teaching to the school's lower grades, exposing them to lab work and the scientific method.

Martinick's middle-school

classes have trained as junior docents at the Darwin Martin House in Buffalo, learning about the architecture, history and significance of the Frank Lloyd Wright-designed landmark. And they've researched the history of Buffalo's grain silos, even developing alternative new uses for the vacant cylindrical structures that still dot the city's waterfront.

"Those are all wonderful avenues for students to be able to be creative," she said. "The best thing about it is my students can't wait to come to class. That excitement is there, because they know it is not a lecture. It is not something to sit there and be stagnant. It is dynamic."

She's enjoyed learning about Judaism, listening to various rabbis discuss the Torah and learning a few words of Hebrew along the way. "I can say *sheket* ("quiet") and *metzuyan* ("excellent")," she said proudly. "I never felt that I was not included."

Born in Krakow, Poland, Martinick came to the United States in the late 1960s with her family to rejoin her grandfather, who had emigrated to America earlier after serving in the Polish army and learning nine languages.

The family settled in Buffalo, where she grew up and later graduated from Buffalo State College with both bachelor's and master's degrees in education.

She started her career at the young age of 20, teaching first grade for three weeks before deciding it wasn't for her. She then tried seventh grade and then high school, before concluding she preferred middle school. "I loved how those kids think and act," she said. "I so enjoy teaching that age group."

She worked temporarily in the Sweet Home Central School District and then taught at St. Bonaventure School, before leaving to have a baby.

She didn't want to return to teaching until her friend, former Kadimah teacher Bonnie Zotara, called to ask her to sub. That was 1986. "I planned on staying one day, and here I am 31 years later," Martinick said.

And now, as she moves on to a new challenge, she still has no regrets about what she calls "a true family" that supports its students and teachers, provides an "outstanding education," and helps its students reach levels that "they would never have been able to accomplish in any other school."

"My career at Kadimah has been absolutely wonderful," she said. "Kadimah was not a job. At the end of the day, there's something special about Kadimah, and no one can take that away."



We invite you to honor Mrs. Martinick for her years of service in one of the following ways:

_____\$98 g symbolizes the standard acceleration due to gravity which is 9.8 m/s².

_____\$314 Pi is the ratio of a circle's circumference to its diameter.

_____ \$628 Tau is defined as the ratio of a circle's circumference to its radius, not its diameter, and it equal to 2π .

_____ \$ 1,618 Because of its unique properties, phi is used in math, art, and architecture. The Greeks discovered it as the dividing line in the extreme and mean ratio, and for Renaissance artists it represented the Divine Proportion.

\$____Other

JANUARY 2017

3 TEVES - 4 SHEVAT 5777

Sun	Mon	Tue	WED	Тни	Fri	SAT
1	2 NO SCHOOL	3 Chicken Patty Sandwich	4 Pizza	5 Hot Dogs	6 GRILLED CHEESE	7
8	9 Anna's Retirement Party Pasta w/sauce	10 BEEF BARLEY SOUP	11 Pizza	12 Chicken Nuggets	13 Challah French Toast	14
15	16 NO SCHOOL	17 Chicken Fried Rice	18 Pizza	19 Chicken Soup	20 Potato Bar W/VEGGIE CHILI	21
22	23 Mac & Cheese	24 FIELD TRIP TO THE ALBRIGHT- KNOX ART GALLERY HOT DOGS	24 Pizza	26 CHICKEN NUGGETS	27 LENTIL SOUP & BAGELS	28
29	30 Pasta w/sauce	31 Veggie Soup	de	en	ny	7