



Hollis Brookline High School

January 16, 2009
www.hbhs.k12.nh.us

Some thoughts from the Principal ...

As we dig out from the latest round of snow and ice, I would like to wish everyone a healthy and happy new year. Only a month into winter and already we have experienced weather conditions that have seriously impacted instructional time. At this time, the superintendent has not made any recommendation to the school board with respect to making up the lost instructional time and the Commissioner of Education will not entertain any waiver time due to the state of emergency until the snow season is complete. Having lived in this state my whole life, I still have no idea what day that is. We have extended first semester one week with mid year assessments now scheduled for January 27th – 30th and an additional early dismissal on the first day of second semester, February 2nd. Information concerning the exam and bus schedule is in this newsletter or emailed separately and it will be posted on the school web site. A reminder to those new to the high school, that exam grades are listed on the report card and included in the calculation of the final grade. However, the student's official high school transcript will list the quarter and final grades but not the semester exam grades.

The recent ice storm provided us with the opportunity to utilize the Alert Now system of notifying families if school is canceled or delayed. This system provides quick and efficient email and telephone communication to families. If your phone number and/or email information is incorrect please notify us as soon as possible so that our records are up to date. An emergency tool such as this is only as accurate as the data we provide.

The school is once again a very busy place following the extended break. The annual Speech Contest for our freshmen and sophomore classes, to be held in December, was moved to January 16th. Our students are fortunate to have this experience each year and we appreciate the efforts of Mr. Williamson, of the English department, in organizing this event. Auditions for the March spring musical "Singing in the Rain", are underway and our annual Cavalier Wrestling Classic is set for Saturday February 14th. The FIRST Robotics Game has been established, called "Lunacy" and I am looking forward to seeing what that is all about over the next few weeks leading up to their competition at the end of February.

The National Honor Society has begun a tutoring program in the library for an hour each day after school, open to anyone who needs help in any subject. This organization is also planning a clothing drive later this month. The American Studies class, in the spirit of Thoreau, has been busy this month with students completing a variety of projects that meet the community service component of the course. A number of these projects have been highlighted in the Nashua Telegraph.

Plans are underway for the participation of the Cavalier team in the Annual Penguin Plunge held on Saturday January 31st at Hampton Beach for the benefit of Special Olympics of New Hampshire. This year the event is spread over two days with a special High School Plunge being held on Saturday. Once the team is organized, look for informational links on the school web site.

The Hollis Brookline Rotary Club continues to be a strong supporter of the schools in both of our communities. They are involved as volunteers, provide financial support of programs and distribute a number of college scholarships to our graduates. The Super Bowl Brunch is not only a great time for our community, but it is also a major fund raiser for this organization, allowing them to continue their good work. The brunch is scheduled for Sunday February 1st and tickets are available in our main office until the end of January.

We are proud to announce the establishment of the Hollis Brookline High School Hall of Fame. This past summer Assistant Principal, Mr. Bob Ouellette initiated a process where our school community will recognize and honor educators, administrators, coaches, and community members who have made significant contributions through service, participation, or involvement in athletics in the high school. The Hollis Brookline High School Hall of Fame will include inductees from Hollis High School, Hollis Area High School, and Hollis Brookline High School. Mr. Ouellette has gotten a committee together to establish candidate qualifications and the selection process. We anticipate announcing the initial inductees this spring and honor them at a ceremony in early April.

Last month we held an Academic Assembly, honoring a number of academic achievements that our students received over the summer and first quarter of this year. Many of these achievements have been highlighted in previous newsletters such as Jazz All State, All New England Band, SAT and National Merit results. We are pleased to announce that the following have been selected to the 2009 New Hampshire All State Music Festival: Katherine Bolling, Max Calkin, Catriona Calo, Matthew Casazza, Molly Furlong, Jenny Grossman, James Howard, Tamara Liu, Dillon Maloney, Anabelle Parenteau, Seamus Peebles, Jeffrey Quinn, Laura Spence, Madeleine Whitaker, Kristina Wilson and Zifan Yang. The National College Board recognizes students who excel on Advanced Placement exams. Hollis Brookline High School announced 45 students who earned AP Scholar Awards in recognition of their exceptional achievements on the AP Exams. Current seniors who achieved this distinction are: Joshua Cone-Roddy, Teagan Daly, Dylan King and Matthew Reynolds (all AP Scholars); Emily Kalenik (AP Scholar with Honor) and Patrick McDaniel (AP Scholar with Distinction). In addition, senior Patrick McDaniel also qualified as a National AP Scholar, an award which is granted to students who receive an average grade of at least 4 (out of 5) on eight or more AP exams. Patrick earned a 5 on all eight AP exams that he took during his junior year. Finally, the College Board has taken notice of the success of our students and they have invited two of our teachers, Ms. Gina Bergskaug (AP Chemistry) and Mr. Rich Nagy (AP Calculus) to apply for the prestigious Siemens Award which recognizes teachers for their achievements in AP programs in math, science, and technology.

Once second semester begins, we will begin the process of course selection for next year. This will begin with the publication and distribution of the Program of Studies. Please pay close attention to this document once it is released as it contains very important information. An electronic version of the document will be available on our web site, prior to winter break. During the month of March guidance counselors will visit classrooms, distribute scheduling information and work with students to select courses for next year. The school website will contain updated scheduling information throughout this process. We plan on distributing 2009-10 student schedules in late May or early June.

Tim Kelley

A Message from your PTSA Presidents

Happy New Year! It was great to see some of our returning HBHS graduates at the January meeting. They shared stories, ideas and suggestions from a students' point of view about starting college. Thank you, David, Elizabeth, Devon & Lindsey for taking time out of your winter break to attend our meeting.

Kristen and Lisa are working on a dessert Valentines buffet for the HBHS staff. If you are not on their list of Staff Appreciation volunteers but would like to help out, contact Kristen Berry or Lisa Schmalz for details.

The HBHS school store is looking for parent volunteers on Fridays only during school lunches. Anyone interested can contact Jannine Farrar by calling the school phone number or email her from the school website.

Be an informed voter at our annual Co-op, School District and Town meeting. There are many important decisions being made by our hard working school budget committee and school boards. If you cannot make it to the meetings, as entertaining as they are, try watching them on local access TV. If you have questions or concerns, call or email Tim Kelley or a school administrator for clarification.

The next HBHS PTSA meeting is Thursday February 12th at 8:30am in the mini cafeteria. Stay warm!! Contact Erin or Marie with questions or comments.

Marie Degulis mariedegulis@yahoo.com 673-3855
Erin Magee mageemd@massmed.org 465-3233

Hollis Woman's Club News

The Hollis Woman's Club will award two scholarships in June. Students who are male or female high school seniors residing in Hollis or Brookline are invited to apply.

A scholarship for \$1000 will be awarded to a student who will attend a four-year college or university. A second \$1000 scholarship will be awarded to a student who will attend a vocational program. Those planning on attending a certificate program may apply for the vocational scholarship. These scholarships are funded by the members of the Hollis Woman's Club through annual events such as the Strawberry and Apple Festivals.

Applications are available in the guidance department at Hollis Brookline High School. The application deadline is Tuesday, April 20, 2009.

HBHS Athletic Booster Club-January 2009

I hope everyone has recovered from the December ice storm and was able to spend some quality time with his or her families for the holidays. Our winter teams are being challenged by the ice and snow, but making the best of the season when they can. Keep up the good work and we look forward to celebrating the Winter Sports Teams on Wednesday, March 25th at our Winter Sports Awards Night. Parents, coaches, and athletes are encouraged to take and submit photographs to the club to help out with the slide show!!! Contact one of

the Club's officers if you have photos to share.

Mark your calendar for Friday night, March 27th!!! Support the Booster Club and attend our first Karaoke Night to be held in the high school auditorium. Athletes, encourage your coaches to join in the fun and perform, then come along; bring your friends and cheer on your favorite coaches!!! We are hoping to make this a big success. The requests keep coming for additional uniforms and supplies and we cannot provide these items without the help of our Hollis Brookline Community. Tickets will be on-sale soon. If you would like to help out, please contact Trish at the email address below.

Trish MacDonald, President
Hollis Brookline Athletic Booster Club
Trish_macdonald@charter.net

The Cavalier Chronicle, the HBHS student newspaper, is published the third Friday of every month. Be sure to ask

The Cavalier
Chronicle 

your kids to bring their copy home to share with you. We welcome parent input for story ideas by the first of every month (perhaps your teen is doing something newsworthy outside of school but is too shy to let us know). Additionally, business owners are encouraged to advertise with us. Please email your mailing address, and we'll send you a packet with pricing, sizes, and publication schedule. Contact Lin Illingworth at illingworthl@sau41.k12.nh.us or call 465-2269 for more information.

Selective Service Registration

The Selective Service System is an independent agency within the Executive Branch of the Federal government. The mission of the Selective Service System is to provide the number of men needed by the Armed Forces, within the time required, should Congress and the President decide to return to a draft, in the event of a national emergency. Registration is the process of providing the Selective Service with a name, address, phone number, and other related information about one's self. It is a civic and legal responsibility for every young man to register with the Selective Service within the time period starting 30 days before, and ending 30 days after, their 18th birthday. Register online at www.sss.gov, or pick up a registration card at any post office. If you have any questions, please see Mr. Winslow in Guidance.



Visit your PTSA at www.hbhs.k12.nh.us/ptsa, where you'll find the list of officers & committees, back issues of newsletters, and much more!

From Your Guidance Department

Happy New Year! So far 2009 in the Guidance Department has been off to a busy start. With PSAT distribution, college admission decisions, mid-term reports, college applications, scholarships, report cards, new schedules for Semester 2, and planning for Spring activities, we have been on the run. Mrs. Noel has been busy sending students notes regarding time and date to meet with counselors to discuss PSAT results, future planning and credit checks, and Mrs. List has been working on getting transcripts ready for the Juniors and the colleges, while the counselors are meeting with students every ten minutes. Needless to say, there is a flurry of activity going on! The counselors have felt the PSAT discussions have been going well and enjoy the time they are spending with students introducing the college process and talking about graduation credits. In a few weeks we will be talking about registration for future classes, giving the counselors another opportunity to discuss academic planning with our students. Registration for 2009-2010 will begin in March; more information will be coming in future newsletters.

With mid-term exams upon us, counselors are certainly aware of the pressures students are feeling at this time. Most students feel they need more time, sleep and energy to get through this hectic and anxious time. Dealing with stressed students can be difficult and can cause the whole family to be turned upside down. It is helpful to allow students to be anxious or nervous, realizing these are very real emotions, and although they need to get through it students also need to feel that it is part of life and there are times that are more demanding than others. This affirms their feelings and moves them through the potential inertia that can settle in. Check in to let your child know you are thinking of them and that you are there if they need you to get a cup of hot chocolate or an extra pencil. Students need to feel that they are supported, and mid-terms and finals are not insurmountable. This type of testing is a typical college activity and is good preparation for the future. Please know we are here also, and if your son or daughter needs help, the everyone here in Guidance is available to assist in any way we can. We wish all students the best of luck on their exams and a wonderful second semester!

Communication

Please be sure to check our website and read the daily notices (www.hbhs.k12.nh.us) for all new information. We try to update both these sources of information on a weekly and sometimes daily basis. Our Guidance section of the website has all the current information on scholarships, financial aid, college admission, guidance and career information, testing news, along with the counselor contact information.

Drop/Add Period

The drop/add period will begin on February 1st and end February 4th. Students must see their counselor in order to drop or add a course. Students are not allowed to drop full-year courses. As a reminder, all students must carry 6 courses each semester.

Registration for 2009-2010 Academic Year

It is hard to believe, but registration for next year's classes will begin in early March. The counselors will visit classes starting the week we return from February vacation. The Program of Studies will be available online in late February for students and parents' information.

Summer Programs

The Guidance office is already receiving information on fantastic opportunities for students in the summer. We have information on leadership programs in Washington and West Point, academic programs at Harvard and Yale, enrichment programs from art and music schools, as well as environmental programs. Please stop by the Guidance office to investigate these great programs.

Information Sessions and Tours

We are delighted that so many families find Hollis Brookline High School an option for their children, and we are happy to answer any questions new members to our community have regarding the options at the high school. However, due to the overwhelming amount of requests to talk with a counselor and tour the school, the Guidance department has tried to come up with a logical solution that will service the community. We are offering two time slots during the week for Information Sessions and Tours. The times and days are Mondays from 7:45 – 8:30 a.m. and Fridays from 12:30 – 1:15 pm. Please call the Guidance Office (465-2269 x128) to schedule a time to come in during these days.

Senior News

Graduation Requirements

Seniors will be receiving letters from their counselors in the beginning of February that will address any graduation requirements that might need to be attained. Please read these letters carefully and let us know if you have any questions. **Remember, all seniors must carry 6 courses each semester.**

Receipts for Information Sent

When information has been sent to a college, each student will receive a receipt stating what was sent to a college and the date it was mailed. Students should stop by the Guidance Office to pick up their receipts so that they know exactly what was sent to colleges and when. Please keep these for your records. Receipts can be picked up in the Guidance Office but will only be given to the student if they have paid the \$3.00 per school postage fee. *Students will not receive their report card if they owe money for postage.* Please see Mrs. Noel if you have any questions.

College Admission Information

As mentioned in previous newsletters, given the volume of paper and electronic information that colleges are receiving at this time of year, it is very important to have copies of all the information you have sent to your colleges. Colleges often misfile and/or lose information due to the amount of information that they receive. Also as previously mentioned, colleges tend to send out cards, letters or e-mails stating they have not received the information from the high school. Before panic sets in, please be aware of the following explanation: Because students send their applications directly to colleges and universities, there is often a lag time between the arrival of the high school information and the application. There are instances when the high school information arrives in the admission office before the application and vice-versa. When a college receives an application, they typically look to see what information has come with the application and check that off.

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Senior News (Cont'd)

Any other information that is not with the application will be requested – whether it is already in the Admissions office or not! This is confusing for the applicant, especially if they have requested the information to be sent to the college more than a month before. Again, do not panic – usually the information is in a file at the college or university and they have not matched it up with the application yet. When you receive a notice of this sort, please call the college and ask them to look for the information, telling them when it was sent from the high school (based on the receipt – that is why it is so important for students to pick up their receipts). More often than not they have the information somewhere in their Admissions office. (We very rarely get information sent back to us, so there is a good chance it is at the college.) This year we have been sending out cards along with the transcripts that requires the colleges to sign off on receiving the admission packet we send from HBHS. We have been getting them back fast and furiously, so if there is a still a question after checking with the college Admissions office, please check with your counselor. This situation can be very unnerving and often causes a high degree of anxiety, but is easily rectified by calling the college. Colleges will not disadvantage a student because information is misfiled. This is why copies can come in very handy when information is lost.

Mid-term Reports

Mid-term Reports are a part of the application process and many college applications, especially the Common Application, have a specific form that must accompany mid-term reports and must be completed by the counselor. Because this is a common form that most colleges use, the counselors have developed a form to send along with all mid-term reports. Mid-term reports are automatically sent to the colleges students have applied to.

Please note: If a student has a made decision to attend a college and does not want mid-terms sent to other schools they had applied to, please let us know as soon as possible. Acceptances to colleges should be shared with the counselor. We keep records of these decisions, so we would appreciate students letting us know the admission decisions. (Not to mention we get very excited, and students must ring the acceptance bell!)

Financial Aid Information

Families can submit the FAFSA form now and should try to get this done as soon as possible. Although it can be done on a paper copy and mailed, the government and financial aid experts encourage families to submit the FAFSA online. Over 98% of filers from last year submitted online. If you have concerns regarding Financial Aid at this time, an appointment with college financial aid offices is a good way to learn about that particular college's financial aid opportunities. All colleges require the FAFSA form from families that are considering financial aid. To fill out the FAFSA online, use the government website: www.FAFSA.gov.org.

Some private colleges will require the CSS PROFILE. The CSS PROFILE is only for private colleges and only certain schools use this form. It can only be submitted electronically and can be accessed through the College Board website at www.collegeboard.com. The CSS PROFILE can be submitted at any time. Colleges have very strict deadlines for Financial Aid applications, so it is important to adhere to these deadlines. Another great source

of information is the NH Higher Education Assistance Foundation (NHHEAF) in Concord. NHHEAF can be reached by e-mail www.nhheaf.org, or calling 1-800-525-2577.

Financial Aid materials are available in both Guidance and the library at HBHS. Please check the Guidance website for more scholarship and Financial Aid information. FastWeb is a great source for financial aid information and FAFSA information. The website is www.fastweb.com. Don't self-select yourself out of the Financial Aid process. You never know unless you apply!!

Parents of Seniors: The NHHEAF Network is offering a webinar on how to fill out the FAFSA and CSS Profile forms. This event will provide valuable and useful information from professional Financial Aid counselors.

When: January 29

Time: 6-7:30 pm.

To register: <https://www2.gotomeeting.com/register/370882739>

Questions: Call 1-800-525-2577, x119.

Scholarships

A list of scholarships is located on the school's website and is updated on a regular basis. Applications are available in Guidance.

NCAA

Senior athletes interested in participating on athletic teams in college must register with the NCAA. This may be done online at www.ncaaclearinghouse.net. The NCAA Clearinghouse will require that transcript be sent through the mail. Guidance is happy to send the transcript to the Clearinghouse if you provide us with the NCAA forms (downloaded from the website) that need to accompany the transcripts. One form must be sent when you submit your initial eligibility form, and another must accompany your final transcript when you graduate. If these forms are not submitted to NCAA, it will delay the athlete's ability to compete at the collegiate level, so it is important to get these to Guidance as soon as possible.

Junior News

Counselors have been meeting with Juniors to discuss their PSAT test results. We thank you for your patience with this activity and feel it is a very important meeting for students as it helps them understand the PSAT and what is ahead for SAT testing. Keep in mind that these scores are confidential and that colleges do not see them. The College Board is offering a fairly new service to PSAT test takers, called "MyRoad". This program can be accessed through the student code number located on the score report handed out to students when the students go to www.collegeboard.com/quickstart.

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Junior News (Cont'd)

Junior College Information Night

On Wednesday, February 11th from 6:30 – 8:30 p.m., the Guidance Department will host an information night for Juniors and their parents. This evening is designed to help families start the Admissions process. Parents are encouraged to attend this event with their students. Snow date is Thursday, February 12th from 6:30 – 8:30 p.m.

College Admissions Handbook

A new College Admissions Handbook is in the works for Juniors, but our current handbook is on the website under “College Information” if you wish to start early. The new college handbook will be distributed at the Junior College Information Night in February.

SAT Information

SAT Reasoning Tests and SAT Subject Tests: Registration for upcoming tests is ongoing through the College Board website. If students are having trouble accessing their account through the College Board, please stop by Guidance to pick up a paper copy of the registration information. Deadlines are approaching quickly, so be sure to attend to them.

Registration for tests on:

March 14 – deadline February 10 (No Subject Tests are administered in March)

May 2 - deadline March 31

June 6 – deadline May 5

SAT's are not administered at HBHS but are available at Milford, Nashua, Souhegan and other local schools. Specific locations are online or in the registration booklet in Guidance, and on the College Board website. It is important to plan testing around busy sports and activity schedules in the Spring. Check with coaches and club advisors as to what weekend dates games, meets and activities may be scheduled. Colleges like to see a Junior SAT score and a Senior SAT score, and will take the highest scores of each section. (Students should plan to take the SATs at least twice during the college admission process.) Students can also take the ACT. Colleges look at the ACT and the SAT interchangeably, so there is no disadvantage to taking either or both. Some students find they do better on the ACT than the SAT, so it is worth investigating or asking your counselor about this test. Registration and general ACT information can be found on www.ACT.org. SAT Prep courses are offered here at Hollis Brookline High School and at other agencies. Please see your counselors if you are interested in knowing what courses are available and when. Registration for the Hollis Brookline SAT prep course will start the first week in February in the main office. Please check the daily announcements and the link on the Guidance web page for more details.

Destination: College

The New Hampshire Higher Education Assistance Foundation (NHHEAF) is sponsoring its annual statewide college convention for high school juniors and their parents. This free event will be held at Southern New Hampshire University on Saturday, March 28th, from 8am to 2:30pm. Pre-registration is required and can be done online at https://www.nhheaf.org/stu_dc_register.asp. This is a great program that offers a variety of workshops for students and parents, motivational speakers, a mini

college fair, and an opportunity to enter a scholarship raffle.

College Fairs

College Fairs will be coming up in the Spring. This is a great time for students to gather information from a variety of schools at one time. Below are the times and dates of local fairs:

Boston National Fair, Bayside Expo Center

Tuesday, April 8th, 6 pm

Pinkerton Academy, Hackler Gymnasium

Thursday, April 10th, 6 pm.

Sophomore News

As with the Junior PSAT test takers, counselors have been meeting with any Sophomore students who participated in the Fall testing. Sophomores who took the PSAT tests should come to Guidance as soon as possible to sign up for a time to meet with their counselor. Counselors will be meeting with 9th and 10th grade students during the winter to discuss their academic and career plans.

Freshman News

As with the 10th grade students, counselors will be going over the academic requirements for graduation as we start to head into the registration season (early March). The meetings are designed to help students plan what they want and need to do, not only to graduate, but to get the most out of their high school education.

Study Guide

With the help of the various department chairs, the counselors have put together a Study Tip Guide for 9th grade students as they embark on their first experience with mid-term exams. We will be distributing this to the students as well as posting it online. Hopefully it will be a handy guide for students as they prepare for their exams.

School Study Tips and Your Learning Style—from the Special Education Department

Effective study strategies can help students achieve good grades on quizzes, tests, and exams. Study strategies can be simple, yet effective. It is important that students develop study strategies that match their own learning style. Study methods that work well for one person may not work well for another. Most study strategies are classified under three main learning styles: visual, auditory, or kinesthetic. Students may not use one style exclusively, and there is usually an overlap in learning styles. Visual learners relate more effectively to information that is written (i.e., notes, pictures, webs, diagrams, etc.) Auditory learners relate more to the spoken word, and tend to pick up information through lectures or by reading aloud or hearing information read aloud. Kinesthetic learners learn more effectively through actual hands-on activities, often through imitation and practice.

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School Study Tips — Cont'd

The following are some helpful tips to improve study skills at school and at home:

- Students need an environment that allows for full concentration. This includes an environment that is free from distractions and has good lighting.
- Paying attention during class, taking notes, and reviewing class notes daily during study hall or at home will prepare students as they move from middle to high school and onward to post-secondary education.
- Keeping an organized binder for each subject is one method of organizing class notes, past tests, handouts, and assignments for review.
- Developing memorization methods such as lists, flash cards, acronyms/acrostics, and mnemonics may aid with recall of information. The following website (www.smithhomework.us/studyskills) provides additional mnemonics/strategies for improving memory based on the different learning styles.
- Working with other students may also be a useful strategy. Study groups allow students to access other students as a resource. By working together, students may quiz each other or help review information in a different format.
- Do not procrastinate. Long-term planning is the key! Oftentimes we tend to put off studying until the night before the quiz/test. Know your own memory. Break up information into small chunks and study a couple of days prior to a quiz or test.
- Most importantly, don't forget to log on to the school's website at www.hbhs.k12.nh.us. Many teachers at HBHS have worked hard to post on their individual websites various study skills tools, such as homework/project assignments and due dates, study guides for tests and quizzes, vocabulary sheets, rubrics, and useful links. Parents and students are encouraged to view the teachers' sites on a daily and/or weekly basis to access these useful tools.

There are a lot of creative ways to study and prepare for upcoming quizzes, test, and exams if you put your mind and memory to it. Developing study skills/strategies that work for you in high school will also help better prepare you for post-secondary education and even job employment. Use the time and resources that you have now, in high school, to earn good grades and to develop memory and study skills for the future.

Please be sure to check the Guidance Department website and read the daily notices for all new information!

**[www.hbhs.k12.nh.us/guidance/
guidancehome.htm](http://www.hbhs.k12.nh.us/guidance/guidancehome.htm)**



**Hollis-Brookline High School
And Middle School Menu**

Monday 2/2/09	Tuesday 2/3/09	Wednesday 2/4/09	Thursday 2/5/09	Friday 2/6/09
Meatball Subs! Garden Veggies Assorted Fruit	Grilled Ham & Cheese and Chicken Noodle Soup Pretzels Assorted Fruit	Chrysanthi's Pizza Capri Veggies Fruit Snacks Assorted Fruit	Chicken Fajita Subs Onions & Peppers Brown Rice Assorted Fruit	Macaroni & Cheese Dinner Roll Sliced Carrots Assorted Fruit
Monday 2/9/09	Tuesday 2/10/09	Wednesday 2/11/09	Thursday 2/12/09	Friday 2/13/09
Crispy Chicken Fin- gers Buttered Noodles Mashed Sweet Potatoes Assorted Fruit	Cheeseburger Deluxe! Lettuce & Tomato Spicy Fries Assorted Fruit	Chrysanthi's Pizza Corn Animal Crackers Assorted Fruit	Chicken Teriyaki Wrap Veggie Seasoned Rice Fortune Cookies Assorted Fruit	Mozzarella Cheese Sticks Yogurt Caesar Salad Assorted Fruit
Monday 2/16/09	Tuesday 2/17/09	Wednesday 2/18/09	Thursday 2/19/09	Friday 2/20/09
Cheese or Chicken Quesadillas Salsa & Sour Cream Seasoned Rice Baby Carrots & Dip Assorted Fruit	Ravioli w/ Sauce Garlic Breadstick Capri Veggies Assorted Fruit	Chrysanthi's Pizza Nacho Chips & Salsa Veggies Assorted Fruit	Chicken Patty/Bun Green Beans Chips Assorted Fruit	Cook's Choice Veggies Assorted Fruit
Monday 2/23/09	Tuesday 2/24/09	Wednesday 2/25/09	Thursday 2/26/09	Friday 2/27/09

<p><i>Mid - Winter Vacation!</i></p>	<p>MENUS ARE SUBJECT TO CHANGE! Student Lunch is \$2.25. Please include your student's name on all checks, payable to HBHS Cafeteria.</p>
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<p>Pizza and a variety of snacks and beverages is available for sale daily.</p> <p>Daily assortment of sandwiches on rolls, croissants, bagels, wraps ...</p> <p>Freshly made assortment of salads.</p> <p>A variety of snacks and beverage are available for sale daily!</p>		<p>Hot Soup Available daily at the High School.</p>	
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