



November 16, 2020

**2020-2021 MRA Essential Question:**

*"How do I impact my community and how does my community impact me?"*

**Week of November 16th**

**Monday, November 16th**

- ★ Wreath/Poinsettia Orders due to school office
- ★ 3:30 to 6:00 p.m. -- Meal and supplies pick up / school work drop off

**Tuesday, November 17th**

- ★ 8 a.m. to 4 p.m. -- Meal and supplies pick up / school work drop off

**Wednesday, November 18th**

**Thursday, November 19th**

**Friday, November 20th**

- ★ Morning meetings as usual
- ★ Student independent/applied learning day
- ★ Crazy Hair/Hat Day

**Other News:**

**Interim Executive Director Update**

The MRA Board met and approved a job description and posted the job for an Interim Executive Director. Candidates are being reviewed and interviews are being scheduled in a timely manner.

**Fabulous Fridays**

Our MRA Boosters have introduced the following Spirit Days for each of the Fridays until Winter break. Please take pictures of your student for the yearbook. Here are the upcoming themes:

11/20: Crazy Hair/Hat Day

12/4: Favorite Character/Superhero

12/11: Sports/Team Day

12/18: Class Color Day

### Attendance

Please make sure to contact the school office by phone at 503-829-6672 or email [dpowers@mra-k8.com](mailto:dpowers@mra-k8.com) if your student is sick or has an excused absence. The office will contact the classroom teacher with this information. Otherwise your family will receive an attendance related phone call on the following day to check on the status of the student.

### Free Meals for All Students

Due to new flexibility from the United States Department of Agriculture (USDA), MRA is providing FREE packaged breakfasts and lunches for ALL children who wish to participate in the MRA meal service. Free meals are available now through June 2021 to all children, even if they are not enrolled in MRA. However, if you participate in MRA's program, this prevents you from being eligible for food from another free breakfast/lunch program at the same time. Please see the attached December Menu and contact Pam Furlan at [pfurlan@mra-k8.com](mailto:pfurlan@mra-k8.com) to register.

### Volunteering at MRA

We had a handful of people sign up to be room parents this year. We will be reaching out to those parents, and are seeking more help. Please go [HERE](#) if you are interested in any of the following:

- Room Parent for your students class
- Assist with your child's class auction project
- Assist in a virtual classroom—facilitating small groups, listening to students read, etc.
- Organize the supply room

<https://www.signupgenius.com/go/70a0c48aeaa28a1fb6-supply>

We also have a special volunteer project. We need help installing classroom overhead projectors received from Lake Oswego School District. If you are able to help with this please contact Kevin Mahr at [kmahr@mra-k8.com](mailto:kmahr@mra-k8.com).

### **Upcoming Dates:**

November 16th	Wreath/Poinsettia Sale ends
November 20th	Crazy Hair/Hat Day
November 24th	6:30 p.m. MRA Board Meeting
November 25-27th	No School - Thanksgiving Break
December 2nd-4th	Wreath/Poinsettia Distribution
December 4th	Favorite Character/Superhero Day
December 11th	Sports/Team Day
December 18th	Class Color Day
December 21st to January 1st	No School - Winter Break
January 4th	No School - Teacher Work Day

### **Attached**

Wreath/Poinsettia Sale Flyer and Order Form  
Breakfast/Lunch Menus

# MRA Annual Wreath and Poinsettia Fundraiser

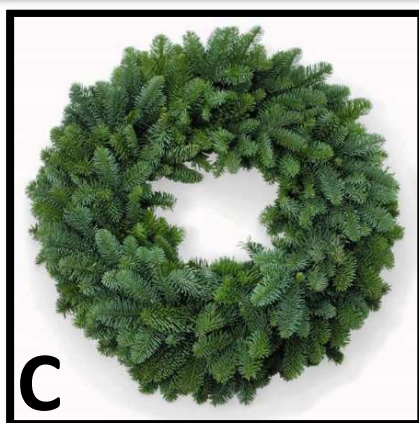
Student

Parent Contact Name and Phone

[illegible]



# MRA Annual Wreath & Poinsettia Fundraiser



- A. Mixed Wreath 24 in.  
outer diameter **\$24**  
B. Centerpiece 6-8" pot  
**\$20**

- C. Noble Wreath 32 in.  
outer diameter **\$30**  
D. Cedar Garland 25 ft.  
**\$35**

## Poinsettias

- 6.5" pot 6 or more blooms **\$16**  
8.5" pot 10 or more blooms **\$25**



DECEMBER 2020

# Covid Meal Box

You must order by the week rather than the day. You can order for 1, 2, 3, 4, or all weeks. You will get both breakfast and lunches. Orders due to Ms Pam by November 19th. Current guidelines allow for meals to be served to children 1-18 even during school breaks. This means meals can be ordered for Christmas break and would need to be picked up per the usual schedule IF you choose to order for those weeks.

Remember to make a copy for your records.

Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

## FEATURE OF THE MONTH

### Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH\*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies <b>Week 1</b>	<b>1</b> Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	<b>2</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	<b>3</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>4</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies
<b>7</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Chicken Stuffing & Gravy, fresh fruit, and veggies <b>Week 2</b>	<b>8</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies	<b>9</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Traditional Pizza Bagel fresh fruit, and veggies	<b>10</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	<b>11</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies
<b>14</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Somalian Chicken & Rice, fresh fruit, and veggies <b>Week 3</b>	<b>15</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	<b>16</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	<b>17</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, fresh fruit, and veggies	<b>18</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit
<b>21</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies <b>Week 4</b>	<b>22</b> Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: Biscuits and Gravy, fresh fruit, and veggies	<b>23</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Corn Dog Bites, fresh fruit, and veggies	<b>24</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	<b>25</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Traditional Pizza Bagel fresh fruit, and veggies
<b>28</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies <b>Week 5</b>	<b>29</b> Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	<b>30</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies	<b>31</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>1</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES  
ALL MEALS ARE SERVED WITH 1% MILK

The USDA is a equal opportunity providers.

Molalla River Academy is an equal opportunity provider.





DECEMBER 2020

# Covid Meal Box-Vegetarian

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<b>7</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: Cheesy Quesadilla, fresh fruit, and veggies <b>Week 2</b>	<b>8</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies	<b>9</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Traditional Pizza Bagel fresh fruit, and veggies	<b>10</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies	<b>11</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies
<b>14</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and Salad Kit <b>Week 3</b>	<b>15</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	<b>16</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	<b>17</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies	<b>18</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit
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<b>28</b> Breakfast: Honey Scooters 2oz, fresh fruit Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies <b>Week 5</b>	<b>29</b> Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies	<b>30</b> Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V, DF) Teriyaki Black Bean & Rice, fresh fruit, and veggies	<b>31</b> Breakfast: Honey Graham Toasters 2oz, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies	<b>1</b> Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies

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