



**Palmer Way...
Panthers on the Move!
School Number #336-8900
Week of Sept 9, 2013**

Monday	9/9	Regular day
Tuesday	9/10	Girls Scouts, 2:40-4:00 pm Room #A4.
Wednesday	9/11	Parenting class (Spanish) 8:30 a.m. District Advisory Meeting, 9:30 a.m., NCPL
Thursday	9/12	Nutrition class @ 8:30 am Early Day, 1:00 p.m. Boy Scouts @ 1:05 p.m. - library
Friday	9/13	Hearing/Vision Screening, Fire Drill



**Picture Make-Ups
9/18**

Guidelines for Allowable Foods and Beverages Served by NSD Child Nutritional Services

Permitted Snacks:

- No more than 30% of calories from fat.
- No more than 10% of calories from saturated fat.
- No more than 35% sugar by weight.
- No more than 175 calories per individual food/snack item.

Permitted Beverages:

- Fruit-based drinks with no less than 50 % fruit juice and are without added sweeteners.
- Vegetable-based drinks o less than 50 % vegetable juice and are without added sweeteners.
- Drinking water that is without added sweeteners.
- Milk (two percent fat, on percent fat, nonfat, soymilk or other similar nondairy milk).
- Electrolytes replacement beverages containing no more than 42 grams of sugar per 20 oz servings.

Upcoming Events - September 2013

9/18.....Picture Make-ups
9/23 - 10/3.....Fall Break

Mrs. Hernandez, Principal DHernandez@national.k12.ca.us