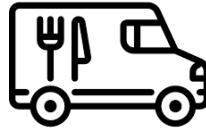




## SCHOOL CLOSURE EXTENDED TO MAY 15TH

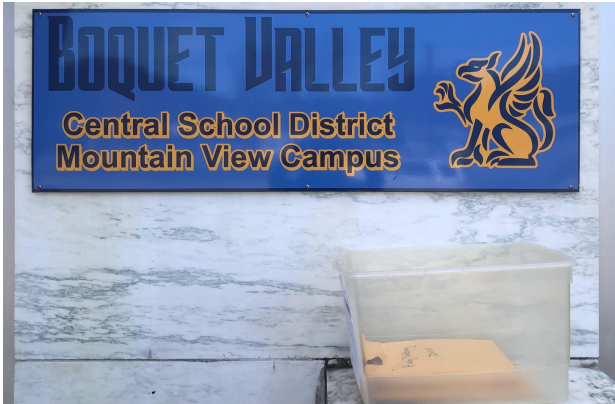
School closure extended to at Least May 15th. Governor Cuomo has extended the NYS PAUSE Initiative to at least May 15th. We are awaiting an update from the governer.



## NEXT MEAL/ACADEMIC DELIVERY: WEDNESDAY, APRIL 29TH

This delivery will include five breakfasts and five lunches for the days of: April 30, May 1, 4, 5 and 6th

**BVCS**  
**LIBRARY NEWSLETTER**  
 FOLLOW THE LINK BELOW:  
[HTTPS://WWW.SMORE.COM/9FYQG](https://www.smore.com/9FYQG)



## FREE DRIVE-UP WI-FI

provided by Westelcom

- Elizabethtown Social Center
- Downtown Westport near JAMBS, Champlain National Bank and the Library lawn and in the parking area downtown

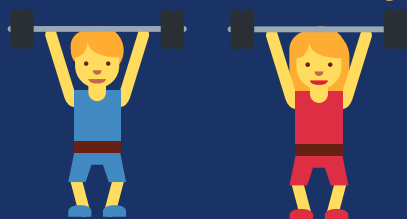


## HARD COPY SUBMISSION:

Several students are completing a hard-copy of assignments (paper and pencil versus digitally). These assignments can be submitted by dropping the work in a bin near the front entrance of the Mountain View Campus Monday-Friday 8:30-11:00 am. Please contact the classroom teacher. or the building principal if you need more information.

(see picture above)

**Stay active with Coach Buehler's Griffin Workout of the Day!**  
**Check out the BVCS Facebook page for the full workout Monday-Friday!**



For questions regarding events or you are seeking general information, call the main office.

For questions regarding the classroom, call or email the teacher.

For questions regarding building procedures, call or email the Principal.

For questions regarding district policies, procedures, or decisions, call the Superintendent.

For questions that were not resolved with the Superintendent, contact the Board of Education by submitting an email or letter to the district clerk.

District Clerk - jatwell@boquetvalleycsd.org

# What you can expect in this week's delivery

Dear Boquet Valley Families,

We, the cafeteria staff, hope this note finds you well and you are enjoying these meal deliveries.

Contained within this delivery are the following ingredients:

Breakfast:

Fruit:

Assorted Fruit juice = 5 (4 oz) servings = 5 days

Protein:

5 String Cheese = 5 servings = 5 days

Grain:

2 ½ cups Dry Oatmeal = 5 (1/2 cup) servings = 5 days

Milk = 5 servings = 5 days

Lunch:

Protein:

4 oz. Sloppy Joe = 2 (2 oz) servings = 2 days

4 oz. Chili w/Beans = 2 (2 oz) servings = 2 days

Pizza = 1 serving = 1 day / 1 days of grain also

Grain:

Rice = 1 cup dry = 3 cups cooked = 6 (1/2 cup servings) = 6 days

Saltines = extra

Fruit/ Vegetable:

Apples = 5 servings = 5 days

Celery Sticks = 1 cup (1/2 cup) serving = 1 days

1 cup Assorted Frozen Vegetables = 2 (1/2 cup) servings = 2 days

Milk = 5 servings = 5 days

We are required by Child Nutrition to follow strict serving size and nutritional requirements.

We would encourage you to be creative with the items delivered to you but, please note this is 5 breakfasts and 5 lunches, per student for the for the dates of April 30th, May 1st, 4th, 5th and 6th.

## RICE

PREPARATION:

INGREDIENTS

1 CUP RICE

2 CUPS WATER

1 Tsp BUTTER OR OIL, IF DESIRED

PINCH OF SALT, IF DESIRED

COOKING

INSTRUCTIONS:

PLACE ALL INGREDIENTS IN A SAUCEPAN, BRING TO A BOIL. COVER AND REDUCED HEAT TO A SIMMER. SIMMER FOR 20 MINUTES. FLUFF WITH FORK.

## PASTA

PREPARATION

INGREDIENTS:

1 CUP PASTA

2 CUPS WATER

SALT TO TASTE, IF DESIRED

COOKING INSTRUCTIONS:

Bring water to a boil in saucepan. When water is rapidly boiling add salt and Pasta, stirring occasionally. Boil uncovered 6-7 minutes or until desired tenderness. Remove from heat; drain.

## PIZZA

INSTRUCTIONS:

Thaw, may be reheated in a microwave to 165F.

## CHILI

INSTRUCTIONS:

Thaw, reheat on stove top or in microwave to 165F.

## SLOPPY JOE'S

Instructions:

Thaw, reheat on stove top or in microwave to 165F.

## OATMEAL

PREPARATION

INGREDIENTS:

1/2 CUP OATMEAL

1 CUP WATER

PINCH OF SALT, IF DESIRED

COOKING INSTRUCTIONS:

STOVE TOP: Bring water and salt to a boil in a saucepan.

Add oats, cook 5 minutes over medium heat; stirring occasionally

MICROWAVE: combine water, salt and oats in a medium microwave-safe bowl.

Microwave on HIGH 2 ½ - 3 minutes; stir before serving

**UPDATES REGARDING SAT/ACT/AP EXAMS**  
FOLLOW THE LINK BELOW:

<http://www.boquetvalleycsd.org/wpcontent/uploads/2020/04/SATACTAPUpdate-1.pdf>

**SAT**

**AP**

**ACT**