



ORLANDO SCIENCE SCHOOLS

WEEKLY NEWSLETTER

"The mission of Orlando Science Middle/High Charter School is to provide students with a well-rounded education with special emphasis on Science, Technology, Engineering, Mathematics (STEM) and Reading in the light of research based, proven and innovative instructional methods in a stimulating environment."

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Principal's Corner

Dear Parents and Guardians!

I hope everyone had a wonderful and well rested Spring Break and we are ready to complete our fourth and final nine weeks of school.

I would first like to congratulate the OSS Math Team for placing first at the Central Florida MathCounts Competiton, that is an amazing accomplishment and we are so very proud of all of you. Please turn to page eleven for the newspaper article covering this wonderful achievement. I would also like to congratulate Siyona M. on placing second at the Orlando Sentinel Spelling Bee, please turn to page fifteen for a recap on her outstanding achievement. Please help me also congratulate our Science Olympiad Team for placing third at their State Competition. We are so proud of all of you.

Please be advised that we are in our final ordering window for the 2015-2016 Yearbooks. The last day to purchase this memorable item is April 8th 2016; there will be no extra yearbooks available for purchase after this date. Please see page twelve for our most current order form.

The EPI School Supply Packs are back! You will be able to order these supplies beginning today April 1st 2016 until June 20th 2016. Orders maybe placed online only. Please turn to pages thirteen for middle school pricing and information and fourteen for elementary school pricing and information.

On page seventeen you will find information regarding the 8th and 12th grade graduation. Did you know we are also on social media? Please turn to page six for the most up to date information. One page five you will find an updated Assessment Calendar. Please note that OSS will not affected by these testing schedules and we will continue with our normal Wednesday early release schedule. For more information please turn to page seven.

Please note that April 8th 2016 is the last day to turn in all permission slips and payments for Gradventure. If you have any questions please contact Ms. Frunker.

Saturday studies will continue this Saturday we encourage your students to attend as we approach our upcoming testing season. As always have a wonderful weekend!

Sincerely,
Abdulaziz Yalcin
Principal
Orlando Science
Middle/High School

OSS Upcoming Events

April 2nd 2016: Regional Energy Whiz Expo

April 6th 2016: Earth Day

April 8th 2016: Last day to order yearbooks

April 8th 2016: Last day to turn in Gradventure Permission Slip

April 11th 2016: FSA Testing Begins

April 13th 2016: Science Bee

April 21st 2016: STEM Art Contest Exhibition

2015-2016 Progress Report/Report Card Dates	
1st Quarter Progress Report Card	Wednesday, September 23, 2015
1st Quarter Report Card	Thursday, October 22, 2015
2nd Quarter Progress Report Card	Friday, November 20, 2015
2nd Quarter Report Card	Thursday, January 14, 2016
3rd Quarter Progress Report Card	Wednesday, February 17, 2016
3rd Quarter Report Card	Thursday, March 17, 2016
4th Quarter Progress Report Card	Wednesday, May 4, 2016
4th Quarter Report Card	Wednesday, June 8, 2016

2015-2016 Parent Teacher Conference (PTC) Days		
1st Quarter	Wednesday, October 7 th , 2015	4:00PM - 6:00PM
	Thursday, October 8 th , 2015	4:30PM - 6:30PM
2nd Quarter	Tuesday, December 15th, 2015	4:30PM - 6:30PM
	Thursday, December 17th, 2015	4:30PM - 6:30PM
3rd Quarter	Wednesday, March 2 nd , 2016	4:00PM - 6:00PM
	Thursday, March 3 rd , 2016	4:30PM - 6:30PM
4th Quarter	Wednesday, May 11 th , 2016	4:00PM - 6:00PM
	Thursday, May 12 th , 2016	4:30PM - 6:30PM

I will send out an email prior to each of these dates to book appointments

This Week In History...



DATE	EVENT(S)
March 28 th 1990	Jesse Owens receives the Congressional Gold Medal from President George Bush.
March 29 th 1952	President Harry Truman removes himself from the presidential race.
March 30 th 1987	Vincent Van Gogh's <i>Sunflowers</i> is bought for \$39.85 million !
March 31 st 1889	The Eiffel Tower in Paris officially opens on the Left Bank as part of the Exhibition of 1889.
April 1 st 1929	The yo-yo is introduced in the United States by Louie Marx.

If you would like to know more information regarding each of these events, please visit:

<http://www.historynet.com/>

Orange County Public Schools: 2015-2016 School Calendar

DAY	DATE(S)	EVENT
Monday	May 30 th	Memorial Day holiday (Schools and District offices are closed)
Wednesday	June 8 th 2016	End of 4 th Marking Period/ Last day of school for students
Thursday-Friday	June 9 th -10 th	Post Planning for Teachers

2015-16 Orlando Science Schools Assessment Calendar

Administration Dates	State Assessments	Grade Level(s)	Notes
4/11/2016 and 4/12/2016	FSA English Language Arts (ELA) Reading	7th	All FSA ELA Reading assessments are administered in two sessions over two days.
4/13/2016 and 4/14/2016	FSA English Language Arts (ELA) Reading	7th, 8th and 10th	
4/15/2016 and 4/18/2016	FSA English Language Arts (ELA) Reading	8th	
4/19/2016 and 4/20/2016	FSA English Language Arts (ELA) Reading	6th	
4/21/2016 and 4/22/2016	FSA English Language Arts (ELA) Reading	9th and Accommodations	
4/25/2016 and 4/26/2016	FSA Mathematics	6th	All FSA Mathematics assessments are administered in three sessions over two days.
4/27/2016 and 4/28/2016	FSA Mathematics	7th, and 8th	
4/29/2016 and 5/2/2016	FSA Mathematics	Accommodations	
5/4/2016 and 5/5/2016	Algebra I	6th, 7th, 8th, and 9th	All FSA EOC assessments are administered in two sessions over two days.
5/6/2016 and 5/9/2016	Geometry	7th, 8th, 9th, 10th, and 11th	
5/10/2016 and 5/11/2016	Algebra II	8th, 9th, 10th and 11th	
Tuesday, May 3, 2016	FCAT 2.0 Science NGSSS	8 th	All EOC NGSSS are administered in one day.
Monday, May 16, 2016	US History EOC NGSSS	10 th and 11th	
Tuesday, May 17, 2016	Civics EOC NGSSS	7th	
Wednesday, May 18, 2016	Biology EOC NGSSS	8th, 9th, and 10th	

AP College Board Exam Dates

Dates	Course
May 2, 2016 - Morning/Afternoon	Chemistry (Morning); Psychology (Afternoon)
May 3, 2016 – Morning/Afternoon	Computer Science A (Morning); and Physics 1: Algebra – Based (Afternoon)
May 4, 2016 - Morning	English Literature and Composition
May 5, 2016 - Morning	Calculus AB (Morning); and Calculus BC (Morning)
May 6, 2016 - Morning/Afternoon	United States History (Morning); European History (Afternoon)
May 9, 2016 - Morning	Biology
May 10, 2016 - Morning	United States Government and Politics
May 11, 2016 – Morning/Afternoon	English Language and Composition (Morning); Macroeconomics (Afternoon)
May 12, 2016 - Morning/Afternoon	World History (Morning); Statistics (Afternoon)

Common Final Exams – Required by Orange County Public Schools

Common Final Exams will be given in courses that do not have a state or other designated end-of-course exam.

Dates	Course
May 31 – June 6, 2016	Secondary End of Year Exams

Updated March 11, 2016

We are on Social Media!!



Orlando Science Middle/High School is now on its new Facebook page.
www.facebook.com/orlandoscience

Please like us! You may also visit and follow the recent events and activities that are happening at the school on our new Facebook page



And Follow us on Twitter! @OrlandoSciMH
<https://twitter.com/OrlandoSciMH>

EXTRA, EXTRA

Orlando Science School System Accreditation

Orlando Science School's plan to obtain accreditation for a school system is moving forward. A Readiness Visit was conducted by AdvancED last week to prepare the school's accreditation team for what is to come over the next several months.

Please view the link below for updates, links, and further information about Policies and Procedures of AdvancED.

<http://www.orlandoscience.org/advanced-accreditation/front-page/advanced-accreditation>



Wednesday Schedules

Orlando Science Middle High is not extending any Wednesday dismissal hours, for testing purposes, this school year 2015-2016. There are no changes to our school hours at this time. We will notify parents and guardians if there are any changes to this policy.

Saturday Leadership Academy

As the testing season approaches it becomes even more important for students to attend Saturday studies. Please encourage your student to attend as many sessions as possible. Teachers are preparing customized lessons to help students succeed.

'Tis the Season: College Acceptances!

Some of the Colleges that our Class of 2016 got ACCEPTED!



Florida Institute of Technology
High Tech with a Human Touch™





Caltech

TRIP to CALIFORNIA



Stanford, UCLA, UC Berkeley, Caltech

Trip Cost: \$649

(Check/Cash/Credit Cards)
(Transportation, room and Breakfast and Dinner included)

Available Seats: 12

Dates: 05/18/2016 through 05/21/2015

Application Deadline: 4/11/2015 4:00pm

9TH, 10TH and 11TH GRADERS ONLY!!!

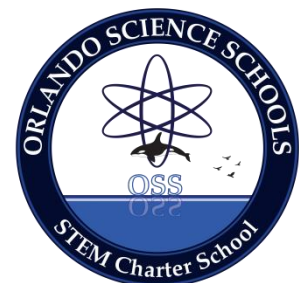
GPA: 3.75 Weighted min.

First Come, First Serve!!!

Contact: Mr. I Room: 116

Be prepared for extra baggage fees and personal expenses!

By; OSS COLLEGE CENTER



Education for the Future

<i>TENTATIVE ITINERARY</i>		
<i>Date</i>	<i>Time</i>	<i>Event</i>
5/18/2016	9:10pm	Flying from MCO
	Midnight	Check in to hotel in Los Angeles CA
5/19/2016	7:00am	Breakfast
	8:00am	CALTECH Walking Tour
	12:00pm	Lunch
	2:00pm	Guided Tour at UCLA
	4:00-6:00pm	Walking tour of Beverly Hills/Hollywood
	6:30pm	Start driving to San Francisco
	10:00pm	Check in to hotel in San Luis Obispo, CA
5/20/2016	6:00am	Breakfast
	6:30am	Drive to Stanford University
	9:30am	Stanford University Tour + Admissions Info Ses
	12:00pm	Lunch (Stanford)
	1:00pm	UC Berkeley Guided Tour
	3:30pm	Silicon Valley, Palo Alto and walking tour
	6:00pm	Dinner
	8:00pm	Check in to hotel in San Francisco, CA
5/21/2016	9:00am	Breakfast
	10:00-5:00pm	Leisure Trips (Participants Choice)
	TBD	Flying back to MCO



Caltech



2016 Duke TIP – Great Success!

18 Students earned State Recognition

11 Students earned Grand (National) Recognition

Qualifying students are listed below

State Recognition List

JAEHYUN A.

NISHI A.

KAITLIN D.

SHEA H.

JAMES K.

JUSTIN K.

MINH L.

AVARI M.

SIYONA M.

BANSARI M.

ADRIAN P.

SEBASTIAN P.

ISHAAN P.

PETER P.

MEGHANA T.

WADE T.

ALEX Y.

NELSON Y.

Grand (National) Recognition List

JAEHYUN A.

NISHI A.

PETER P.

SHEA H.

JAMES K.

JUSTIN K.

MINH L.

SIYONA M.

WADE T.

ALEX Y.

NELSON Y.

Each year Duke TIP hosts a state recognition ceremony to honor students currently in the 7th Grade Talent Search who meet the State level qualifying score criteria. The ceremony is similar to a graduation ceremony—there is a keynote speaker and honorees are called on stage to receive a commemorative medal. This special award ceremony is held to bring families together so they can celebrate the outstanding achievement of 7th Grade Talent Search participants. Students qualify for recognition ceremonies based on ACT and SAT scores. Qualifying students receive invitations in April.

Rollins College will be hosting this year's ceremony on Monday, May 9th. For more details, please look at the consent form or the following links;

<http://tip.duke.edu/node/415>

<https://tip.duke.edu/node/228>

OSS Math Team Places First!



ORLANDO SCIENCE SCHOOLS PLACES FIRST AT CENTRAL FLORIDA MATHCOUNTS COMPETITION

ORLANDO -- Orlando Science Schools (OSS) students defended their title and received first place out of 34 middle school teams across the region during the annual Central Florida MathCounts Chapter competition. Students from OSS -- a public charter school in Orange County that focuses on STEM education -- competed both individually and in a team, engaged in live, timed rounds of math problems at the competition. MathCounts hosts events in all 50 states and in schools worldwide, with more than 500 local chapters across the country competing in these events annually.

Individual participant Saardhak Bhugubanda and the OSS team -- comprised of Sanjana Konda, Esha Ranade, Harshitha Uppada, Minh Le, and Siyona Mishra -- qualified to compete in the State MathCounts competition hosted by the Florida Engineering Society this April in Orlando. After three challenging rounds, all individual OSS Mathletes ranked in the top 20 out of 300 students at the competition, placing first, second, fourth, seventh, eighth, eleventh and nineteenth.

"MathCounts competitions have proven to be an impactful outlet for our students to apply the mathematic skills they've acquired in the classroom," said Dr. Yalcin Akin, Executive Director of Orlando Science Schools. "Our STEM-focused curriculum and project-based learning have helped our students succeed tremendously at these competitions. We are delighted to see them go on to compete at the state level once again."

ATTENTION

Orlando Science School



**This is the last chance to purchase your 2016 yearbook!
Yearbooks are currently \$40.00 and will ONLY be on sale
until Friday 4/8/2016.**

**Please see the order form below if you would like to
purchase a yearbook.**



PLEASE TEAR OFF AND RETURN TO OSS FRONT DESK BEFORE OR AFTER SCHOOL, ALONG WITH YOUR PAYMENT.

MAKE ALL CHECKS PAYABLE TO ORLANDO SCIENCE SCHOOL

TODAY'S DATE: _____ NUMBER OF YEARBOOKS ORDERING: _____

STUDENT NAME/NAMES: _____

HOMEROOM TEACHER: _____

PARENT/GUARDIAN NAME: _____

PAYMENT AMOUNT: _____

Personalize cover with student's name (Please add \$3.00 for each book ordered)

___ YES ___ NO

Email Ms. Carhart with any questions
Carhart@orlandoscience.org

You may submit this order form with a check, cash, or money order. Please provide exact payments.*

Order Form

SCHOOL SUPPLY PACKS

- Save Time & Money with Quality Products.
- Teacher Approved and Custom Packed for Each Student.
- Avoid Shopping Hassles. No Crowds. No Traffic. No Guesswork.

ORLANDO SCIENCE MIDDLE SCHOOL 2016-2017 SCHOOL SUPPLY ONLINE ORDERING

ONLINE ORDERING ONLY!

Grade level 2016-2017	Cost Each
MIDDLE SCHOOL	\$75.00

Order Securely Online

Starting April 1st thru June 20th!

1. Go to www.educationalproducts.com/shoppacks
2. Enter the school ID, ORL014
3. Follow the directions to complete your order.
4. Keep your online confirmation as your receipt.

Tax will be applied at checkout.

For questions, please contact
Melissa Palmer at
palmer@orlandoscience.org

Supply packs will be delivered to each student's
homeroom for the first day of school.

BROUGHT TO YOU BY



Educational Products, Inc.

Order Form

SCHOOL SUPPLY PACKS

- Save Time & Money with Quality Products.
- Teacher Approved and Custom Packed for Each Student.
- Avoid Shopping Hassles. No Crowds. No Traffic. No Guesswork.

ORLANDO SCIENCE ELEMENTARY 2016-2017 SCHOOL SUPPLY ONLINE ORDERING

Grade Level 2016-2017	Cost Each
Kindergarten	\$55.00
Grade 1	\$55.00
Grade 2	\$65.00
Grade 3	\$45.00
Grade 4	\$55.00
Grade 5- Boys	\$60.00
Grade 5- Girls	\$60.00

ONLINE ORDERING ONLY!

Order Securely Online

Starting April 1st thru June 20th!

1. Go to www.educationalproducts.com/shoppacks
2. Enter the school ID, ORL011
3. Follow the directions to complete your order.
4. Keep your online confirmation as your receipt.

Tax will be applied at checkout.

For questions, please contact
Amanda Monahan at 407-299-6595 or
Monahan@orlandoscience.org

Supply packs will be delivered to each student's
homeroom for the first day of school.

BROUGHT TO YOU BY



Educational Products, Inc.

Orlando Sentinel Spelling Bee

Congratulations to Siyona Mishra for placing second in the Orlando Sentinel's 57th annual spelling bee, which was held on March 23. Last year, Siyona won the Orlando Sentinel spelling bee and advanced to the Scripps National Spelling Bee, where she placed ninth, in Washington, D.C. As the second-place finisher in the regional spelling bee, she'll receive a \$250 check and a \$50 gift card.



Newsletter Trivia

Welcome to our newest addition to our weekly newsletter! Below are ten questions that you will be able to find the answers to in this week's newsletter. Once they are complete please turn in this sheet to Ms. Smith at the front desk! Students who get all ten questions correct by 5pm Tuesday will be entered to win a free dress down day! Good luck and thank you for participating!

1. Where are the 8th and 12th grade graduations being held?

2. Who placed second in the Orlando Sentinel's 57th Annual Spelling bee?

3. When will EPI Supply packs be delivered to students if they purchased one?

4. When is the last day to order a 2015-2016 yearbook?

5. At what competition did the OSS Math Team place first in?

6. When is the ordering window for EPI Supply Packs and how much do they cost for Middle School?

7. What two social media platforms can you find OSS on?

8. Which Vincent Van Gogh's painting was bought for \$39.85 million?

9. When is Taekwondo Club held?

10. What page is Waldo on?

11. When are 4th Quarter Parent Teacher Conference Nights taking place?

Name: _____

OSS Graduation

8th Grade Graduation

Tuesday June 7th 2016
5:00 PM
Majestic Event Center
801 North John Young Parkway
Orlando, FL 32804

12th Grade Graduation

Wednesday June 1st 2016
6:00PM
Orlando Repertory Theatre
1001 E Princeton ST.
Orlando, FL 32803


Class of
2016



TAEKWONDO CLUB

OSS Taekwondo Club is proud to announce that we are accepting new students for the 4th Nine weeks of school. Please stop by the gym on Wednesdays from 2-3pm for more information!

The classes will be taught by Master(s) with many years of experience. The curriculum has been implemented in many colleges. The program will meet every Wednesday for an hour with an opportunity of earning belt(s) when they are ready. Testing, uniform and equipment fees may apply please see instructors during this club time for more details and information.

First Semester Accomplishments:

OSS held their first Taekwondo Club Belt Ceremony on January 20th 2016. Some of our students took their 1st test on Wednesday December 12, 2015, which consisted of a short essay of the Taekwondo History, and they also were tested on Korean language, as well as performing different hand techniques, foot movements and there first form.

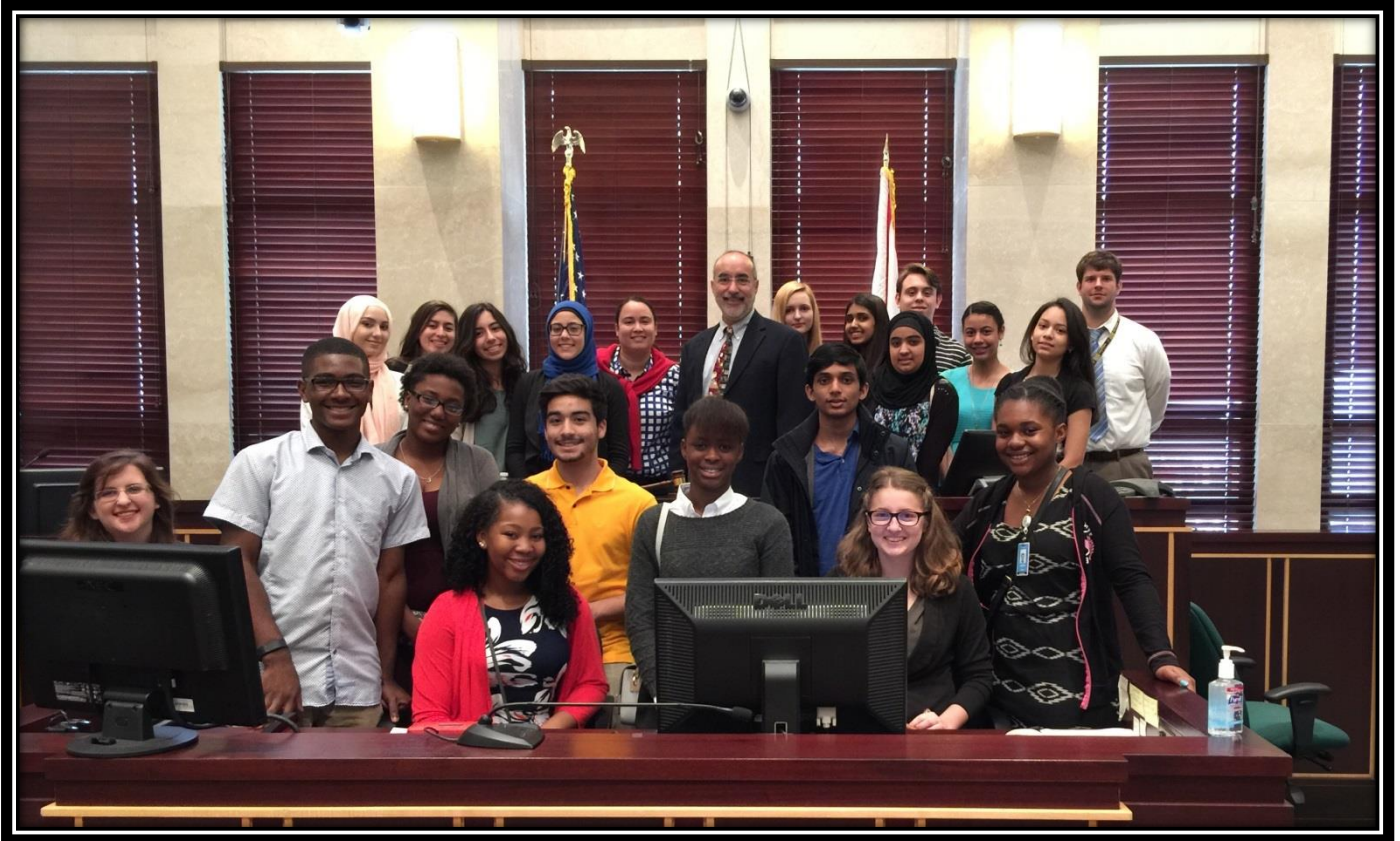
The Belt Ceremony is where they were promoted to their first yellow tip; this event was held in the gymnasium during club time.

The event was officiated by Grand Masters Chang M Pagan Park & Layla Abugherir Pagan sponsored by Oriental Sports Academy & Orlando Science School. The certificates and belts were given by our principal Mr. Yalcin, our school Dean Mr. Murphy & our curriculum coordinator Mr. Han.

The club is accepting new students for the 4th nine weeks of school. Please stop by a class on Wednesdays from 2-3pm for more information!



OSS Visits the Courthouse



Orlando Science Students participated in a special field trip to the Orange County Courthouse, and City Hall this week. At the Courthouse they met Judge Wilfredo Martinez, and were fortunate enough to participate in a Mock Trial in his courtroom. Students were assigned roles such as prosecutor, defense attorney, county deputy, witnesses, jurors, court clerk, and judge. Judge Martinez was very impressed with the diversity, and special gifts possessed by our students. They were then provided a private tour of the courthouse by Judge Martinez, which included the Exhibition Courtroom used for high profile cases. Following the courthouse trip, students visited City Hall for a tour, and were granted access to the City Commission Chambers. All parties involved in this special event, really enjoyed the experience.

Lunch Menu

April MENU Lunch Fresh Fruit, Red/Orange Vegetable, Dark Green Vegetable, Legume

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cereal Cups, bars, and Bowls offer with toast (2 Grain) Applesauce cups (1/2 Fruit) <u>Choice of Milk</u>	Mini Loafs Banana and Apple Cinnamon (2) Apple Juice <u>Choice of Milk</u>	Bagel with Cream Cheese (2 Grain) Mixed Fruit (1/2 Fruit) <u>Choice of Milk</u>	Assorted Cereal Cups, bars, and Bowls offer with toast (2 Grain) Apple Juice (1/2 Fruit) <u>Choice of Milk</u>	Assorted Pop-tarts (2 pack) (2 Grain) Diced Pears (1/2 Fruit) <u>Choice of Milk</u>
4	5	6	7	8
Breaded Chicken with Dinner Roll A 301426R Shoe String Fries (1/2 c starch) Glazed Carrots (1/2 red) Whole Assorted Apples (1/2c Fruit) <u>Choice of Milk</u>	Chicken Taco with Salsa Verde (Green Sauce) A 35002R Charro Pinto Beans (1/2 legumes) Corn (1/2 starchy) Mixed Fruit (C) (1/2 fruit) <u>Choice of Milk</u>	Sweet Thai Chili Chicken with Lo Mein A 35009R Stir Fry Broccoli (1/2c green) stir fry vegetables (1/2c other) Grapes (1/2c) <u>Choice of Milk</u>	Homemade Cheese Pizza A 302610R Homemade Pepperoni Pizza A 302611R Cole Slaw (1/2c other) *Sweet Potato Crinkles (1/2 red) Orange Wedges (1/2 c fruit) <u>Choice of Milk</u>	Chicken Sliders A 300551R Italian Blend Vegetables (3/4 Other) Apple Juice (3/4 cup Juice) <u>Choice of Milk</u>
11	12	13	14	15
Breaded Chicken with Dinner Roll A 301426R Shoe String Fries (1/2 c starch) Cole Slaw (1/2c other) Whole Assorted Apples (1/2c Fruit) <u>Choice of Milk</u>	Soft Tacos offered with 1/2 cup Mexican Rice A 352417R Cuban Black Beans (1/2 c legumes) Steamed Carrots (1/2 red/Orange) Mixed Fruit (C) (1/2 fruit) <u>Choice of Milk</u>	Homemade Cheese Pizza A 302610R Homemade Pepperoni Pizza A 302611R Broccoli dippers (1/2 green) Cauliflower (1/2 c other) Orange Wedges (1/2 C Fruit) <u>Choice of Milk</u>	Popcorn Chicken Bowl Offer with 1 dinner roll A 302463RV1 (HS) A 3024631R (EL) Vegetables are offered in the entrée. Sliced Apples (1/2 fruit) <u>Choice of Milk</u>	Garlic French Bread Pizza A 302600R Marinara Sauce (For French Bread)* (1/2 red) Stir Fry Blend Vegetables (1/2c other) Apple Juice (3/4 c fruit) <u>Choice of Milk</u>
18	19	20	21	22
Breaded Chicken with Dinner Roll A 301426R Shoe String Fries (1/2 c starch) Cole Slaw (1/2c other) Whole Assorted Apples (1/2c Fruit) <u>Choice of Milk</u>	Chicken and Cheese Quesadilla(1EL&MS, 2 HS) A 35003R (all) offer 1/4c Cilantro Lime Rice (.5g) Corn , 1/2 c starch Cuban Black Bean 1/2 legumes Mixed Fruit (C) (1/2 fruit) <u>Choice of Milk</u>	Cheeseburger/Hamburger A 302200R (Cheese) A 302421R (Plain) Stir Fry Broccoli (1/2cGreen) Carni Pimpap (1/2 red) Orange Wedges (1/2 C Fruit) <u>Choice of Milk</u>	Chicken Alfredo with Garlic Bread A 302481R HS (HS) A 302481R (EL) Green Beans (3/4 C Other) Apple Juice (3/4 cup Juice) <u>Choice of Milk</u>	French Bread Pizza A 302600R Peas and Carrots (3/4c other) Assorted Whole Apples (1/2 c Fruit) <u>Choice of Milk</u>
25	26	27	28	29
Breaded Chicken with Dinner Roll Shoe String Fries (1/2 c starch) Glazed Carrots (1/2 red) Whole Assorted Apples (1/2c Fruit) <u>Choice of Milk</u>	Chicken Taco with Salsa Verde (Green Sauce)(2M, 2G) Charro Pinto Beans (1/2 legumes) Corn (1/2 starchy) Mixed Fruit (C) (1/2 fruit) <u>Choice of Milk</u>	Sweet Thai Chili Chicken with Lo Mein Stir Fry Broccoli (1/2c green) stir fry vegetables (1/2c other) Grapes (1/2c) <u>Choice of Milk</u>	*Homemade Cheese Pizza (V) (2M, 2G) Homemade Pepperoni Pizza (2M,) Cole Slaw (1/2c other) Sweet Potato Crinkles (1/2 red) Orange Wedges (1/2 c fruit) <u>Choice of Milk</u>	Chicken Parmigiana Sub (2M,3G) Italian Blend Vegetables (3/4 Other) Apple Juice (3/4 cup Juice) <u>Choice of Milk</u>
HS NOTES: 1. 6 th & 27 th you must offer 1cup of Lo Mein 2. Any day we offer only 1 vegetable HS must get offered 1cup not 1/2 cup	HS NOTES: 3. Every day we must offer 1 cup of fruit and 1 cup Vegetables for both breakfast and lunch 4. Every Monday we must offer 2 rolls with the Chicken			