



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,

We are pleased to announce that *Breakfast with the Principal* will begin next Monday September 12th 2016. Please turn to page five for more info. On page six you will find a recap of our Senior Breakfast, this was a great event and we are very thankful for all of those who were able to attend.

We would like to congratulate Mr. and Mrs. Akyalcin on winning a National Award for distinguished math teaching, for more information on this outstanding accomplishment please turn to page thirteen.

Club of the Week has returned! OSS is proud to announce that *Yearbook Club* is our club of the week. Please turn to page twelve for more information. On page fourteen you will find Newsletter Trivia, please follow the directions listed on this page for a chance to win a free dress down day.

On September 24th 2016 OSS will hold our Annual Welcome Picnic. We invite all OSS families to attend this wonderful event, for more info and the link to RSVP please turn to page nine.

Wednesday September 7th 2016 OSS held out first *Dress Down Day* of the school year. Turn to page seventeen for a brief recap on this event and photos. Are you interested in helping our school win \$10,000? If so please turn to page thirteen.

I hope you all had a wonderful week, have a safe and fun weekend !

Sincerely,

Abdulaziz Yalcin

Principal
Orlando Science
Middle/High School

OSS Upcoming Events

- **September 9th 2016:** Curriculum Night at OSS Middle/High 8th-12th Grade
- **September 14th 2016:** Progress Reports
- **September 24th 2016:** Welcome Picnic
- **Monday October 3rd 2016:** Picture Re-take Day
- **October 13th 2016:** End of the 1st Marking Period/Report Cards



2016-2017 Report Card Dates

1st Quarter Progress Report Card	Wednesday September 14 th 2016
1st Quarter Report Card	Thursday, October 13 th 2016
2nd Quarter Progress Report Card	Wednesday November 16 th 2016
2nd Quarter Report Card	Thursday, December 16 th 2016
3rd Quarter Progress Report Card	Wednesday February 1 st 2017
3rd Quarter Report Card	Thursday, March 16 th 2017
4th Quarter Progress Report Card	Wednesday April 26 th 2016
4th Quarter Report Card	Wednesday, May 31 st 2017

2016-2017 Parent Teacher Conference (PTC) Nights

1st Quarter	Wednesday September 21 st 2016	4:00PM-6:00PM
	Thursday September 22 nd 2016	4:30PM-6:30PM
2nd Quarter	Wednesday November 30 th 2016	4:00PM-6:00PM
	Thursday December 1 st 2016	4:30PM-6:30PM
3rd Quarter	Wednesday February 15 th 2017	4:00PM-6:00PM
	Thursday February 16 th 2017	4:30PM-6:30PM
4th Quarter	Wednesday May 3 rd 2017	4:00PM-6:00PM
	Thursday May 4 th 2017	4:30PM-6:30PM

Please note that dates can change. We will notify you prior to each PTC Night to sign up for a spot to meet with your student's teachers. Time slots will be limited to 15 minutes per student per quarter. If you need to meet with your student's teacher's other than the nights posted above you must email them.

This Week In History...



DATE	EVENT(S)
September 5 th 1984	Space shuttle <i>Discovery</i> lands after its maiden voyage.
September 6 th 1955	Baltimore Orioles' Cal Ripken Jr. plays in his 2,131st consecutive game, breaking a 56-year MLB record held by Lou Gehrig; in 2007 fans voted this achievement the most memorable moment in MLB history.
September 7 th 1888	An incubator is used for the first time on a premature infant.
September 8 th 1504	Michelangelo's 13-foot marble statue of David is unveiled in Florence, Italy.
September 9 th 1965	Hurricane Betsy, the first hurricane to exceed \$1 billion in damages (unadjusted), makes its second landfall, near New Orleans.

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

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

2016-2017 OCPS School Calendar

Monday August 15th 2016	First Day of School for Students
Monday September 5th 2016	Labor Day Holiday (School and District Offices are closed)
Thursday October 13th 2016	End of 1 st marking period(43 Days)
Friday October 14th 2016	Student Holiday/Teacher Workday
Monday October 17th 2016	Begin 2 nd marking period
Friday October 28th 2016	Student Holiday/Teacher Professional Day/Teacher Non-workday
W-F November 23rd-25th 2016	Thanksgiving Break
Friday December 16th 2016	End of 2 nd marking period (41 Days)
December 19th-January 2nd	Winter Break
Tuesday January 3rd 2017	Student holiday/Teacher Workday
Wednesday January 4th 2017	Students Return/ Begin 3 rd marking period
Monday January 16th 2017	Martin Luther King, JR Holiday(School and District offices are closed)
Monday February 20th 2017	President's Day Holiday (Schools are closed. District Offices are closed)
Thursday March 16th 2017	End of 3 rd marking period(50 Days)
Friday March 17th 2017	Student Holiday/Teacher workday
March 20th-24th 2017	Spring Break(Schools are closed, district offices are open)
Monday March 27th 2016	Begin 4 th marking period
Friday April 28th 2017	Student Holiday/ Teacher non-workday
Monday May 29th 2017	Memorial Day Holiday(School and District Offices are closed)
Wednesday May 31st 2017	End of 4 th marking period. Last Day of School for students
June 1st-June 2nd 2017	Post-planning for teachers

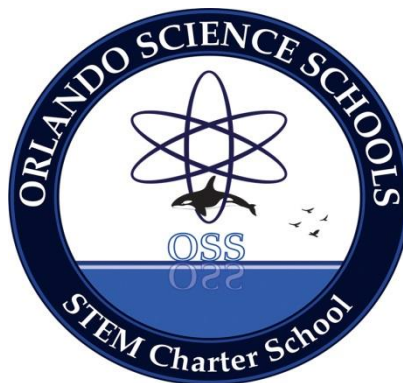
Breakfast with the Principal



Breakfast with Mr. Yalcin

We Would Like to Invite Parents to our Principals Breakfast
Monday and Wednesday Mornings from 8:30 to 9:30
Available September 12 through October 31
We Look Forward to Seeing You and Enjoying
Donuts, Bagels, Muffins, Coffee and Juice Together

Please Use the Following Link to RSVP and To Find Out More Info:
<http://www.signupgenius.com/go/30e0949a9aa23a6f94-breakfast>



Senior Breakfast



For the last 3 years Senior Class Breakfast has given the graduating class a break in their hectic schedules and time to refresh and reflect their experiences along with an informative presentation on the requirements of senior year and college readiness.

This year was no different. The Class of 2017 enjoyed a nourishing morning meal on last Friday, prepared by Orlando Science teachers and parents. Steaming trays of everyone's favorites: pancakes, eggs, along with bagels, juice, coffee, and all the trimmings were served by volunteer Senior Class parents. Thanks everyone who helped prepare the breakfast and joined.

Looking forward to seeing you on the 2nd breakfast on September 23rd at 8:30am.

SAT/ACT Dates

achieve
more

SAT[®]

SAT DATES

<i>Test Date</i>	<i>Normal Registration</i>	<i>Late Registration</i>	<i>Online Score Release</i>
Oct 1 st 2016	Sept 1 st 2016	Sept 16 th 2016	Oct 20 th 2016
Nov 5 th 2016	Oct 7 th 2016	Oct 21 st 2016	Nov 24 th 2016
Dec 3 rd 2016	Nov 3 rd 2016	Nov 18 th 2016	Dec 22 nd 2016
Jan 21 st 2017	Dec 21 st 2016	Jan 3 rd 2017	Feb 16 th 2017
Mar 11 th 2017	Feb 10 th 2017	Feb 24 th 2017	Mar 30 th 2017
May 6 th 2017	Apr 7 th 2017	Apr 21 st 2017	May 25 th 2017
Jun 3 rd 2017	May 9 th 2017	May 19 th 2017	Jun 22 nd 2017

ACT[®]

ACT DATES

<i>Test Date</i>	<i>Deadline</i>	<i>Late Deadline</i>	<i>Score Release*</i>
Sept 10 th 2016	August 5 th 2016	August 19 th 2016	Sept 19 th , Oct 3 rd 2016
Oct 22 nd 2016	Sept 16 th 2016	Sept 30 th 2016	Nov 8 th , Nov 15 th 2016
Dec 10 th 2016	Nov 4 th 2016	Nov 8 th 2016	Dec 21 st 2016, Jan 4 th 2017
Feb 11 th 2017**	Jan 13 th 2017	Jan 20 th 2017	Feb 21 st , Feb 28 th 2017
Apr 8 th 2017	Mar 3 rd 2017	Mar 17 th 2017	Apr 26 th , May 10 th 2017
June 10 th 2017	May 5 th 2017	May 19 th 2017	June 21 st , June 28 th 2017

The Princeton Review®

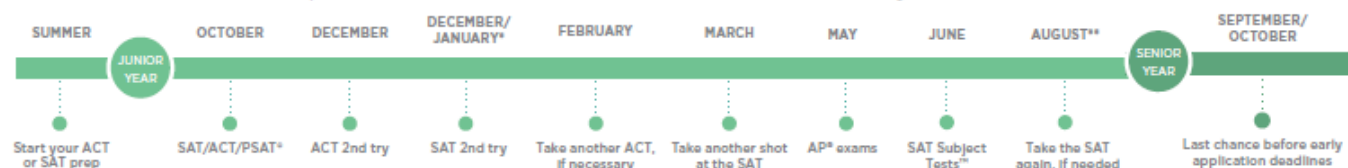
RECOMMENDED TESTING TIMELINE

FOLLOW THIS TIMELINE IF YOU:

- Are aiming for highly competitive colleges
- Want to cut down on stress during senior year
- Want to achieve National Merit® Scholarship status
- Plan to apply early action or early decision to universities

Which test is right for you?

Our recommendation: take a practice test for the SAT and the ACT and see which one you're most comfortable with.



JUNIOR YEAR

SPRING/SUMMER BEFORE JUNIOR YEAR

- Begin researching schools
- Take a free ACT or SAT practice exam—pick the test that's right for you
- Start your ACT or SAT prep

FALL/WINTER

- Take the PSAT SAT Strategy
- Sit for the October SAT
- Take the test again in December, January or March, if needed

ACT Strategy

- Take the October ACT
- Sit for the February ACT, if needed

SPRING

SAT Subject Test Strategy

- Take AP exams in May
- In June, take the corresponding SAT Subject Tests

SUMMER BEFORE SENIOR YEAR

- Fall tests are your last chance before applications are due
- Prep now if you need to raise your score
- Kick off your college applications

SENIOR YEAR

FALL

- Take the September ACT or October SAT
- Fall tests are your last chance if you're applying early decision or early action
- Take SAT Subject Tests in October, if needed



EXPERT TIP:

You can apply to multiple schools through early action, but only one through early decision (ED). If you're accepted to your ED school, you're obligated to matriculate there.

SAT® | ACT®
800-2Review | PrincetonReview.com

The Princeton Review®

*Beginning in 2018, the January SAT will no longer be offered. **The August SAT will be offered beginning in 2017. Test names are the trademarks of their respective owners, who are not affiliated with The Princeton Review. National Merit is a registered service mark of National Merit Scholarship Corporation, which is not affiliated with The Princeton Review. The Princeton Review is not affiliated with Princeton University. PRHSFL1605_49

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 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>



Quote of the Week

“Alone we are smart. Together we are brilliant.”

-Steven Anderson

Follow us on Social Media



<https://www.facebook.com/orlandoscience>



<https://www.youtube.com/user/orlandosciencesch>

<https://twitter.com/OrlandoSciMH>



OSS Middle High Annual

Welcome Picnic

We cordially invite all OSS families and friends to the Annual Welcome Picnic.

This event will take place on Saturday September 24th 2016 from 10am-2pm in the green area. OSS will be serving hotdogs, chicken, veggie burgers as well as other veggie items and hamburgers. If you would like to attend this exciting and joyous event ***please RSVP using the link below, please also note the number of individuals that will in your party no later than September 21st 2016.*** We also ask that you provide your own drinks (non-alcoholic) and chips or snacks to share. The OSS Welcome Picnic is open to all students in grades 6th-12th.

We cannot wait to see you all at one of our most fantastic events of the school year.

RSVP

<http://www.signupgenius.com/go/30e0949a9aa23a6f94-201617>





September 4th-September 10th

Mouad E.
Samuel Rocco G.
Jalissa R.
Avinash H.
Saardhak B.
Nassim E.
Sydney K.
David E.





2016-2017



OSS Middle School Soccer

Team

Coach: Mr. Morgan

- Jacob R.
- Malachi H.
- Jovani A.
- Alex Y.
- James K.
- Yalisa R.
- Lyliany D.
- Nasir L.
- Ahmed A.
- Ibrahim A.
- Avinash H.
- Brandon M.
- Joshua P.
- Michael T.
- Andrew F.
- Brandon C.



Orange County Public Schools

2016-2017 Middle School Soccer Schedules

Boys play first followed by girls in all contests. Second number is home school. Both Principals must mutually agree to any schedule changes. 1st game begins at 5 PM, with the next game immediately following. All pre-game warm-ups should be completed on an adjacent field.

Week 1: August 15 First Day of Tryouts for Soccer (Tryouts may NOT be held prior to this date)
 Week 3: August 31 Games Begin (Host school's AD MUST report scores to Cluster Rep immediately after games).

Games: 20-minute halves (Water breaks will take place at the 10 minute mark of each half).
 Overtime: One five minute Golden Goal Period, followed by Penalty Shots.

Teams with asterisk (*) will play all games AWAY.

Cluster A	Cluster B	Cluster C	Cluster D	Cluster E	Cluster F
1. Windy Ridge	1. Walker	1. Piedmont Lakes	1. Maitland	1. Jackson	1. Legacy
2. Bridgewater	2. Westridge	2. Ocoee	2. Lockhart	2. Liberty	2. Lake Nona
3. SunRidge	3. South Creek	3. Wolf Lake	3. Meadowbrook	3. Blankner	3. Corner Lake
4. Carver	4. Freedom	4. Robinswood	4. Howard	4. Odyssey	4. Avalon
5. Chain of Lakes	5. Meadow Woods	5. Lakeview	5. Lee	5. Memorial	5. Discovery
6. Southwest	6. Hunter's Creek	6. Apopka	6. Glenridge	6. Conway	6. Union Park
7. Gotha	7. Pinecrest Prep. Acad.*	7. Orl. Sci. (Boys)*	7. Ren. Charter Chickasaw*	7. Passport (Boys)*	7. Arbor Ridge*
			8. CFLA Academy*		8. Wedgefield

Aug. 31	Sept. 1	Sept. 7	Sept. 8	Sept. 14	Sept. 15	Sept. 21	Sept. 22	Sept. 26	Sept. 28	Sept. 29
Wed.	Thurs.	Wed.	Thurs.	Wed.	Thurs.	Wed.	Thurs.	Mon.	Wed.	Thurs.
1-2	7-4	3-1	1-7	3-5	7-5	5-4	3-7	7-2	4-2	6-7
4-3	6-8	2-5	8-2	1-4	8-3	2-3	8-5	1-8	5-1	8-4
6-5		4-6		2-6		1-6			6-3	
						7-8				

Soccer Fest Tournament (Top 3 teams from each cluster advance to a single elimination 18 team playoff for girls and 18 team playoff for boys).

Round 1 (4 Teams)	Round 2 (16 Teams)	Quarter Finals (8 Teams)	Semi-Final (4 Teams)	Championship (2 Teams)
October 3 (Mon.)	October 5 (Wed.)	October 10 (Mon.)	October 12 (Wed.)	October 17 (Mon.)

Club of the Week

Yearbook



Sponsor: Mr. Lakner

In yearbook club we are in charge of documenting all of the great and wonderful things that happen at OSS this school year. Every Monday we meet and talk about different activities happening around the school.

We also talk about themes for this year's yearbook, page layout and other details to help make our yearbook a success. As the year progresses, our club will be getting time in a designing program to layout the different sections of the yearbook, as well as color schemes and photos. Yearbook club is a small group of very devoted people ready to document the wonderful events that will be happening at OSS this school year.

The Orlando Times

August 25 - 31, 2016



TWO ORLANDO SCIENCE SCHOOLS TEACHERS RECEIVE *National Award*

ORLANDO – Orlando Science Schools (OSS) teachers, Abdulkerim Akyalcin and Ozlem Akyalcin from Maitland, have been awarded the Edyth May Sliffe Award for distinguished mathematics teaching.

The annual award is presented to middle and high school teachers to recognize their outstanding work in motivating students in mathematics.

To be eligible, teachers must participate in one of the Mathematical Association of America's American Mathematics Competitions. This year, fewer than 35 teachers nationwide received this award. Nominated by students, parents and colleagues, each winner is awarded \$500.

"We are proud that Mr. and Mrs. Akyalcin are receiving recognition for the dedication they show to their students every day," said Dr. Yalcin Akin, Orlando Science Schools' executive director. "Instructors at Orlando Science Schools strive to inspire our students to reach their full potential through hands-on, project-based curriculum."

Newsletter Trivia

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 in the Media Center! 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. Who will the OSS Soccer Team Play on Thursday September 15th 2016?

2. What day is the OSS Welcome Picnic?

3. When is OSS Picture Retake Day?

4. What day does Odyssey of the Mind (Middle School) meet?

5. When will 1st Quarter Progress Reports be sent home?

6. When will 1st Quarter Parent Teacher Night Take Place?

7. When did Hurricane Betsey make its second landfall?

8. Who said the "Quote of the Week"

9. What three social media platforms is OSS on?

10. Who are the coaches for NJHS/NHS?

11. How many students are celebrating a birthday in this week's newsletter?

12. When is the next ACT Test Date?

13. When is the next Student Holiday?

14. What is this week's newsletter issue number?

15. When does Badminton Club take place?

Student Name: _____

Grade Level: _____th

Homeroom: _____



Club Schedule and Coaches

Day	Club	Coach
Monday/Tuesday/Thursday	Advanced Band	Mr.Jenkins
Monday	AMC 10/12- (8th-12th)	Mr. Akyalcin
Thursday	Art Club	Ms. Killian
Friday	Badminton(MS)	Ms. Masuoka
Thursday	Basketball(6th-8th)	Ms.Zeratsky
Monday	Basketball(9th-12th)	Mr.Morgan
Tuesday	Battle of the Books	Ms. Leal
Thursday	Character Traits with Anime	Mrs. Nef
Thursday	Chess Club	Mr. Koc
Wednesday	Comic Book Club	Mr. Liesch
Monday/Wednesday	Competition Math Algebra 1(6th and 7th)	Mrs. Koc
Wednesday/Friday	Competition Math Algebra 2 (8th-9th Grade)	Mr. Moon
Wednesday	Competition Math Number Theory and Probability(6th Grade)	Mr. Akyalcin
Monday	Competitive Writing	Ms. Leal
Monday	Competition Math Pre-Algebra(6th)	Mr. Yakisma
Wednesday/Friday	Competition Math Pre-Calc and Calculus (9th-12th)	Mrs.Akyalcin
Friday	Drama Club	Ms.Harper
Tuesday	Duke TIP	Mr. Thomas
Thursday	Environmental Club	Mrs.Piontkowski
Wednesday	Film Club	Mr.Lakner
Friday	Fitness Club (HS Only)	Ms. Zeratsky
Wednesday	Flag Football(Grades 8th-12th)	Ms. Zeratsky
Thursday	History Fair Club(6th-8th)	Mr.Kriebel
Wednesday	History Fair Club(9th-12th)	Mr.Slason
Friday	International Festival(Folk Dance)	Mrs. Dilek
Wednesday	Key Club	Mrs. Dunbar
Tuesday	Lab Assistants	Mr.Stampas
Wednesday	Martial Arts-Taekwondo Club	Parent Sponsor
Friday	Math Counts AMC 8-Intermediate	Mr.Akyalcin
Friday	MathCounts/ AMC (6th-8th)	Mr. Thomas
Tuesday	MathCounts/ AMC (6th-8th)	Mr. Akyalcin

Thursday	Media Club (9th-12th Grade)	Mr. I
Monday	Model UN(6th-8th)	Ms. Dunbar
Thursday	Model UN(9th-12th)	Mr. Slason
Wednesday	Mu Alpha Theta Honor Society (9th-12th)	Mrs. Akyalcin
Monday/Tuesday	NHS(9th-12th)	Ms. Stevens
Monday/Tuesday	NJHS	Mrs. Frunker
Monday	Odyssey of the Mind-Middle School	Mr. Liesch
Wednesday	Oil Painting Club	Parent
Wednesday	Paper Marbling(Ebru) and Calligraphy	Mrs. Aksu
Monday	Poetry	Ms. Killian
Wednesday	Rho-Kappa Honors	Mrs. Gourdie
Wednesday	SAT Math Club	Mr. Yakisma
Friday	Science Olympiad	Mr. Ulgut
Tuesday	Scrabble	TBD
Tuesday	Soccer Club	Mr. Morgan
Thursday	STEM Club	Mr. Stampas
Friday	Student Government Association	Mr. Kriebel
Tuesday	Volleyball Club	Ms. Masuoka
Thursday	Women's History Club	Mrs. Gourdie
Tuesday/Thursday	World Language Speech Club	Mrs. Dilek
Monday	Yearbook	Mr. Lakner

Re-Sign Ups for Clubs

We are pleased to announce that Re-Sign Ups for Clubs will take place on Sunday September 11th 2016 beginning at 8pm. Please note spaces are limited this time and not all clubs are being offered due to capacity. If your student is already enrolled in a club and has been attending for three consecutive weeks, then you will NOT need to re-sign up for that same club, his or her spot is already secure. If your student has not been attending their club for three consecutive weeks then they have been removed from that club to make space for other students. Staff members will not be able to sign up for slots for you, due to the high volume students. Below is the link that will be used to re-sign up for clubs, please note students are only permitted to participate in one club per day.

<http://www.signupgenius.com/go/30e0949a9aa23a6f94-20162>

Dress Down Day



Orlando Science Schools celebrated the first dress down day of the year on September 7th. Students from all grade levels were able to dress down and celebrate receiving no more than 3 conduct points, or any disciplinary actions, in the month of August. We are very proud of all their hard work and dedication to making Orlando Science a great place to learn.



Labels for Education is running a new Sweepstakes for schools.

www.grandstandforschools.com

It runs from **August 1st thru October 31st**.

Enter in a few simple steps:

1. Click the link above
2. Enter your birthday to verify you are 18+
3. Enter your Email Address
4. Fill in the fields with your name and you may use the school address and phone number :
-2427 Lynx Lane, Orlando FL 32804, (407)253-7304
5. Finish the remaining two fields listed on the page and click ENTER
6. Type in 32804 for our School Zip Code, and Select "Orlando Science Schools" from the drop down menu. Please be sure to NOT select "Orlando Science Elementary"

Once you hit submit you will be allowed to enter again once per day from now until October 31st 2016

They are giving away \$10,000.00 to 100 lucky schools.

The more entries for our school, the better chance we have of winning one of those.

Lake Whitney won \$10,000.00 last year from this.

The banner is red and features two main options. On the left, there is a photo of two children in a classroom. Below it, the text reads "EARN 5 BONUS ENTRIES FOR YOUR SCHOOL" and "With a receipt showing any participating product.*" At the bottom of this section is a button that says "UPLOAD RECEIPT". On the right, there is a graphic of a spinning wheel with the Campbell's logo in the center. Below it, the text reads "SPIN TO WIN SOMETHING FOR YOURSELF" and "Play for a chance to win a \$175 Visa® Prepaid Card you can use for groceries." At the bottom of this section is a button that says "PLAY NOW".

There are two other ways to win, once completing your entry you will find two more options.



September Lunch Menu

CHARTER HOT School Menu

1 September 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) 100% Orange Juice (½ cup fruit) Applesauce Cup (½ cup fruit) <u>Choice of Milk</u>	Assorted Yogurt with Cinnamon Granola Pack (2 grain,) 100% Apple Juice (½ cup fruit) Diced Pear Cups (½ Cup fruit) <u>Choice of Milk</u>	Bagel with Cream Cheese (2 Grain) 100% Orange Juice ½ cup fruit Banana (½ cup fruit) <u>Choice of Milk</u>	Assorted Cereal Cups, bars, and Bowls offer with toast (2 Grain) 100 % Apple Juice (½ cup fruit) Oranges (½ cup fruit) <u>Choice of Milk</u>	Assorted Pop-tarts with Cheese Stick (1 pack for EL and MS). Assorted Pop-tarts(2pack HS) (2 Grain) Assorted Juice (½ cup fruit) Whole Assorted Apples (½ cup fruit) <u>Choice of Milk</u>
5	6	7	8	9
HOLIDAY NO SCHOOL	Soft Tacos offered with ½ cup Cilantro Rice E 0184L & D 0019 Cuban Black Beans (1/2 c legumes) B 0013 Corn (1/2 c Starchy) B 0034 Orange Wedges (½ c. fruit) F 0020 <u>Choice of Milk</u>	BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c Starch) B 0048 Steamed Carrots (1/2 red/Orange) B 0008 Strawberry cups (½ c fruit) F 0027 <u>Choice of Milk</u>	Homemade Cheese Pizza E 0131L Homemade Pepperoni Pizza E 0132L Fresh Green Beans (1/2 C Other) B 0019 Seasoned Cauliflower (1/2 c other) B 0015 Banana (1/2 c fruit) F 0022 <u>Choice of Milk</u>	Chicken Parmigiana Sub E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2c red) B 0037 Pears (ss) (½ c fruit) F 0029 <u>Choice of Milk</u>
12	13	14	15	16
Breaded Chicken Leg Basket complete meal E 0194L Cole Slaw (1/2c other) B 0050 Apple Juice (3/4 cup) F 0013 <u>Choice of Milk</u>	Chicken and Cheese Quesadilla offer 1/4c Cilantro Lime Rice E 0229L & D 0018 Steamed Carrots (1/2 red/Orange) B 0048 Cuban Black Bean ½ legumes B 0031 Peaches (ss) (1/2 c Fruit) F 0025 <u>Choice of Milk</u>	Popcorn Chicken Bowl Offer 1 dinner roll if served together it's a complete meal E 0111L Corn (1/2 c Starchy) B 0034 Banana (½ c fruit) Frozen Strawberry Cups (1/2 c fruit) F 0027 <u>Choice of Milk</u>	Taco Salad offer with Corn Tortilla Chips complete meal E 0199L Mixed Fruit (ss) (½ fruit) F 0031 <u>Choice of Milk</u>	Chicken Florentine pasta With Garlic bread slice E 0227L Italian Blend Vegetable (3/4 c other) B 0002 Pineapple Tidbits (c) (1/2 cup) F 0034 <u>Choice of Milk</u>
19	20	21	22	23
Breaded Chicken Leg Basket complete meal E 0195L Cole Slaw (1/2c other) B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u>	Soft Tacos with ½ cup Cilantro Rice E 0184L & D 0018 Cuban Black Beans (½ legumes) B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 <u>Choice of Milk</u>	Macaroni and Cheese with Chicken Nuggets E 0043L Broccoli (1/2 c Green) B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 <u>Choice of Milk</u>	Homemade Cheese Pizza Homemade Pepperoni Pizza E 0131L / E 0132L Peas & Carrots (1/2 c other) B 0011 Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit) F 0022 <u>Choice of Milk</u>	Baked Ziti with Meatballs and Garlic bread Slice E 0049L / D 0010 Fresh Green Beans (1/2c Other) B 0019 Italian Blend Vegetables (1/2 c other) B 0001 Peaches (ss) (½ c fruit) F 0025 <u>Choice of Milk</u>
26	27	28	29	30
Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2c other) B 0050 Cool Rips (1/2 cup fruit) F 0035/ F 0036/ F 0037 <u>Choice of Milk</u>	Soft Tacos offered with ½ cup Cilantro Rice E 0184L & D 0019 Cuban Black Beans (1/2 c legumes) B 0013 Corn (1/2 c Starchy) B 0034 Orange Wedges (½ c. fruit) F 0020 <u>Choice of Milk</u>	BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c Starch) B 0048 Steamed Carrots (1/2 red/Orange) B 0008 Strawberry cups (½ c fruit) F 0027 <u>Choice of Milk</u>	Homemade Cheese Pizza E 0131L Homemade Pepperoni Pizza E 0132L Fresh Green Beans (1/2 C Other) B 0019 Seasoned Cauliflower (1/2 c other) B 0015 Banana (1/2 c fruit) F 0022 <u>Choice of Milk</u>	Chicken Parmigiana Sub E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2c red) B 0037 Pears (ss) (½ c fruit) F 0029 <u>Choice of Milk</u>
HS NOTES: Every day we must offer 1 cup of fruit and 1 cup Vegetables for both breakfast and lunch	HS NOTES:			