



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 we had another great week. This week I am excited to announce the OSS Middle/High participated in **RED Day** on November 2nd 2016. Students and Staff signed the pledge to remain drug and bully free. Please see page sixteen and seventeen for more information. In this week's newsletter you will also find other exciting recaps that took place over the past few weeks, from the annual 8th grade Washington D.C Trip found on page four, to the Making Strides against Breast cancer Campaign located on page fourteen to even our NHS/NJHS Induction Ceremony found on page five.

Also in this week's newsletter you will find two very important permission slips, one for FGCU Competition and the school wide MathCounts Competition, both forms may be found on pages twenty five through twenty eight.

On page six you will find a recap of our annual Language Department Picnic, this year's event was such a wonderful time. Thank you to everyone that came out to celebrate with us! Page fourteen features a recap of our Fall Book Fair, thank you again to everyone that volunteered their time to make this event such a huge success.

Good luck to our Science Olympiad Competition Team at their invitational tomorrow, you will do great! Pages twenty two through twenty three will provide you with everything Science Fair and other science related topics. I would also like to send huge congratulations to Nikhil P. for being semi-finalist for the Prestigious National Merrit Scholarship, we are so proud of you! Please see page thirteen for more information.

Our OSS Club of the Week is Battle of the Books. This club is coached by Ms. Leal, please see page eighteen for more information. I would also like to wish the students on page nineteen a great big happy birthday and I hope you had a great week!

On pages seven through ten you will find all the information regarding our Veteran's Day Celebration. You won't want to miss out on this great event.

Sincerely,

Abdulaziz Yalcin

Principal
Orlando Science
Middle/High School

"Believe you can, and you are halfway there."

-Theodore Roosevelt

OSS Upcoming Events

- **November 16th 2016:** 2nd Quarter Progress Reports
- **November 20th 2016:** 2nd Quarter PTC Sign UPs at 8pm
- **November 23rd-25th 2016:** Thanksgiving Break
- **November 30th 2016:** 2nd Quarter PTC 4:00-6:00PM
- **December 1st 2016:** 2nd Quarter PTC 4:30PM -6:30PM



2016-2017 Progress Reports/ Report Card Dates	
1st Quarter Progress Report	Wednesday September 14 th 2016
1st Quarter Report Card	Thursday, October 13 th 2016
2nd Quarter Progress Report	Wednesday November 16 th 2016
2nd Quarter Report Card	Thursday, December 16 th 2016
3rd Quarter Progress Report	Wednesday February 1 st 2017
3rd Quarter Report Card	Thursday, March 16 th 2017
4th Quarter Progress Report	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

2nd Quarter Parent Teacher Conference Night Sign-Ups

Below is the link for the 2nd Quarter PTC Night being held on **Wednesday November 30th 2016** and **Thursday December 1st 2016**. Sign-Ups will begin on **Sunday November 20th 2016 beginning at 8pm.**

Please email Ms. Smith for directions on utilizing Sign-Up Genius.

<http://www.signupgenius.com/go/30e0949a9aa23a6f94-2016201710>

This Week In History...



DATE	EVENT(S)
October 31 st 1941	After 14 years of work, the Mount Rushmore National Memorial is completed.
November 1 st 1968	The Motion Picture Association of America officially introduces its rating system to indicate age-appropriateness of film content.
November 2 nd 2000	First resident crew arrives at the International Space Station.
November 3 rd 1983	Jesse Jackson announces his candidacy for the office of president of the United States.
November 4 th 2008	Senator Barack Obama of Illinois elected 44th president of the United States, the first African American to hold that position.

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

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

Washington D.C Trip Recap

The 8th grade students had the unique opportunity to visit our nation's capital, Washington D.C., on October 20-24. Students visited famous landmarks such as Mount Vernon, the Capital building, Library of Congress, Arlington Cemetery, and the White House as well as a variety of different museums and memorials. Students also were able to speak with a tomb guard at the Tomb of the Unknown Soldier and were able to ask questions to him. The trip was filled with many hands on interactive activities and history came to life for these students.



NJHS/NHS Induction 2016

On Tuesday night, October 25, 2016, the National Junior and National Honor Societies welcomed 14 new members into their club membership. These students were selected based on the four pillars of the honor societies: scholarship, leadership, service, and character. We are very excited to have these students join our clubs!

Congratulations to the following students who were accepted into the *National Honor Society*:

Justin Lugo
Ameena Malik
Deshaun Chinnery
Nadine Mubarak
Alberto Rodriguez

Rebecca Charitable
Beyza Akalin
Kristina Seenarine
Yasmeen Halabi
Rawan Alshayer

Congratulations to the following students who were accepted into the *National Junior Honor Society*:

Jasmine Kaur
Nikhil Raval
Tiara Mehan



Language Department Picnic

We are happy to share that our second Language Department Picnic was a huge success!

Students came out with their families and friends to spend their day with us. We had several interesting games that students played. The food was delicious and everyone had a wonderful time. The weather was perfect. It was great to see all the smiling faces again.

Thank you to our set-up crew, those who worked the event, and especially those who stayed to clean up!
See you all for the next event!



2016 ★ ★ ★ CITY OF ORLANDO ★ ★ ★ VETERANS DAY PARADE

ORLANDO SCIENCE SCHOOLS

November 12, 2016

Dear Parents:

OSS will join with our community to honor the veterans who have served their country by being party of the City of Orlando Veterans Day Parade on Saturday, November 12th, 2016. Please be part of this momentous occasion and celebrate with our courageous soldiers!!! If you would like your child to attend this Veterans Day Parade please complete and return the attached consent form.

City of Orlando Veterans Day Parade Information:

Address : Parade begins at the corner of Orange Ave. and Robinson St.

Date: Saturday, Nov. 12, 2016

Hours: 10:00 a.m. till about 1:00 p.m.

IMPORTANT NOTES: STUDENTS ARE TO WEAR THEIR LIGHT BLUE or RED OSS SHIRT.

You may park in the Courthouse Garage and then walk your child to booth #47 on Orange Ave. by 10:00 AM.



This consent form needs to be turned in to your child's social studies teacher no later than Thursday, November 10, 2016.

City of Orlando Veterans Day Parade Consent Form

ORLANDO SCIENCE SCHOOLS

November 12th, 2016

Transportation **will not** be provided for my student by Orlando Science School. I will provide my own transportation, and will not hold Orlando Science School liable for any injuries sustained to my student while in transport to

Location: _____

Parent Signature: _____

Date: _____

Liability Release: Should my child sustain or incur any accident or illness while on the OSS City of Orlando Veterans Day Parade, I hereby authorize the director/administrator, or his/her agent, to execute any and all documents, including any necessary releases, which might be required at any medical facility to perform any emergency care on my behalf. In the event that my child has an illness or accident during the program, and it requires a visit to the doctor or hospital, the existing family policies will solely represent the insurance coverage.

I give permission for my child to participate in any and all activities on the OSS City of Orlando Veterans Day Parade, **including the event being televised**, and I do not hold the Orlando Science Schools liable for my child.

Parent Name: _____

Parent Signature: _____ **Date:** _____

Medical: In the rare event of illness or accident, I hereby give my consent for the necessary emergency treatment of my son/daughter during the Veterans Day parade. In doing this, I am giving permission for _____ to be in the parade. I understand every effort will be made to contact a parent or guardian.

Action Plan and Authorization for Medications	1) Does your student have a Medical Action Plan on file with Orlando Science Schools? Circle Yes or No a. If so indicate the medical alert on file: _____ 2) Does your child have an Authorization for Medication form on file? a. Circle Yes or No
--	--

STUDENT NAME: _____

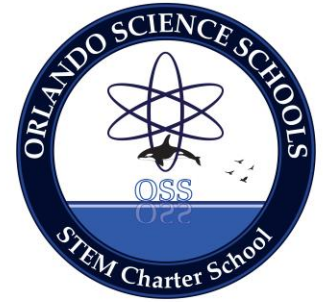
PARENT/GUARDIAN NAME: _____

Parent phone number: _____

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

ORLANDO SCIENCE SCHOOLS VETERANS DINNER EVENT



**FREE TO ATTEND!!!!
\$8 WITH BBQ DINNER!!!!
VETERAN SPEAKERS
AND STUDENT
PERFORMANCES**

**FRIDAY
NOVEMBER 11TH
BEGINS AT 5:00PM
RSVP WITH MRS. FOLEY
BY WEDNESDAY 11/9**



**PERFORMANCES
AND STUDENT
VETERAN SPEAKERS**



OSS Veterans Appreciation Dinner Ceremony
Option 1: \$8 with BBQ Dinner
Option 2: Free to attend without Dinner

Dear Parents and Students,

Orlando Science Schools is providing a community outreach event for local veterans who have served their communities, states, and nation during the periods of active duty in our US Armed Forces. The event is on Friday, November 11, 2016 at 5:00 pm. We would like to invite students and their families to OSS to participate in this unique opportunity.

BBQ dinner from 4 Rivers Smokehouse for \$8:

Dinner participants need to RSVP to Ms. Foley **no later than Wednesday, November 9, 2016 at 4pm**, by turning in the form found below.

The cost of dinner is \$8 per person.
Date: Friday, November 11, 2016
Time: 5:00 pm

Where: OSS Cafeteria
Space will be limited to the first 250.
Fill out the bottom portion of this letter.

Parent Name: _____

Student Name: _____

Number to Attend _____ Total Paid Check Cash

Please pick up a ticket(s) for your meal and turn it in to receive your dinner.



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AND EASY!**

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account

3

Pay with your
credit/debit card or
electronic check



See every payment item
relevant to all children



View meal purchases
and replenish account
balances



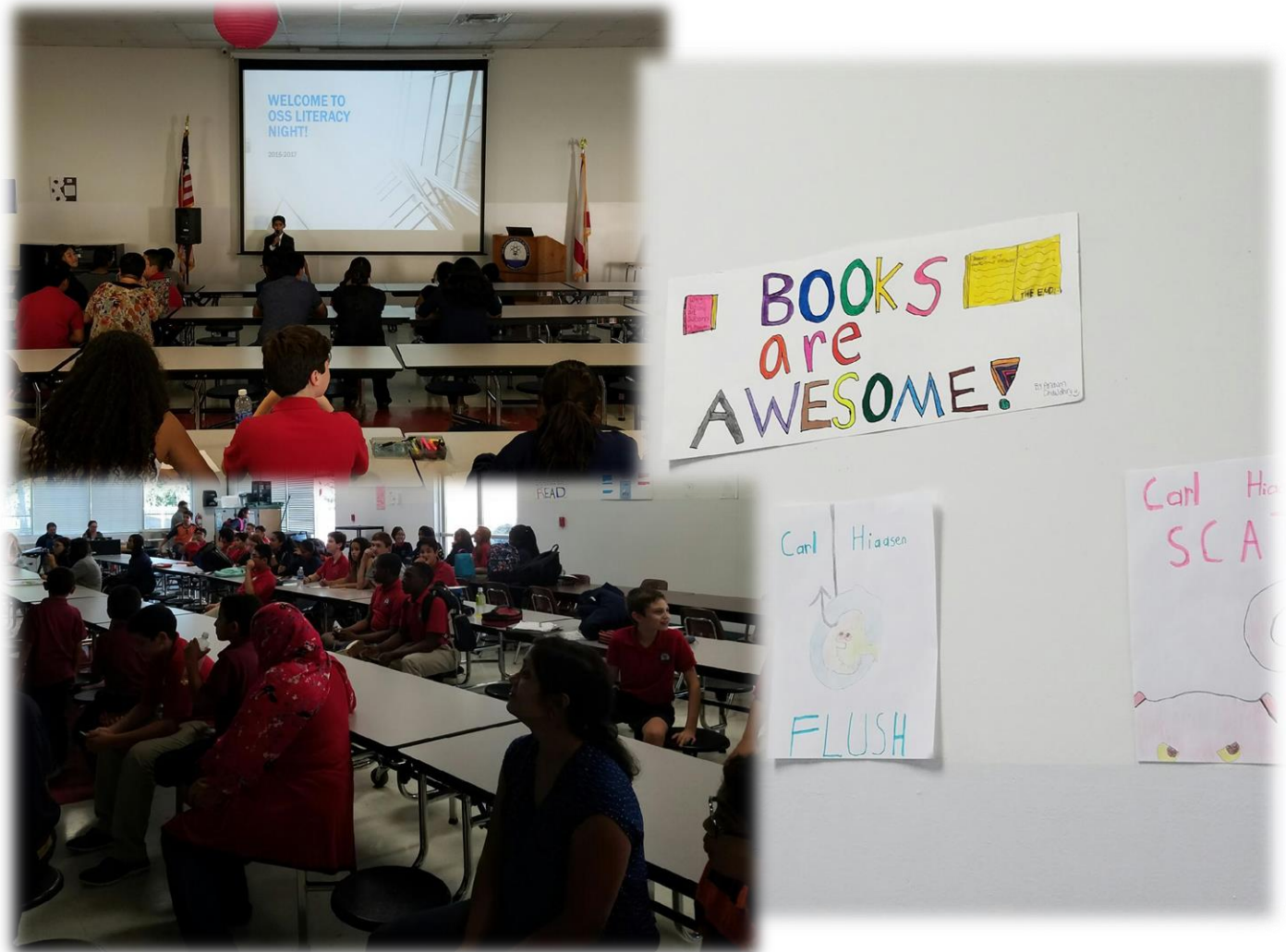
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anywhere web or mobile



View every payment
from detailed reports

Literacy Night 2016

Thanks to all who showed up and participated in our 3rd Annual Literacy Night! With presentations from students, games, and dramatic readings, we had a fun-filled night celebrating the written word!



2016-2017

Literacy Challenge

We also announced our 2016-2017 Literacy Challenge: 3500 books, read across the school, for a HUGE, school-wide celebration! Check out the display outside Miss Stevens' room or check in with Ms. Smith in the Media Center to see how YOU can be part of it!

PSAT/NMSQT Semifinalist

Nikhil P.



Nikhil P. Has Qualified as Semifinalists in the Prestigious National Merit Scholarship

Nikhil P. of Orlando Science High School has qualified as semifinalists in the prestigious National Merit Scholarship competition.

Last fall, about 1.6 million juniors across the country entered the 2017 National Merit Scholarship competition by taking the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test. Based on their scores, about 16,000 were chosen as semifinalists.

Of those, about 15,000 students are expected to advance to the finalist level in February, and about half will win scholarships either from the National Merit organization, cooperating corporations or colleges and universities. The number of semifinalists is proportional to each state's percentage of the nation's total graduating class of 2017.

The semifinalists represent less than 1 percent of U.S. high school seniors and are the highest-scoring entrants in each state. We are wishing good luck to Nikhil on his journey to college.

Book Fair Recap

Dear Parents, Students, and Staff who volunteered your time and energy to make our Scholastic Book Fair an AMAZING success -- WE SALUTE YOU! We sold hundreds of books while raising almost \$1400 in Scholastic dollars, all to be spent promoting literacy and reading in our classrooms! You were so generous with your time and we are so grateful. We couldn't have done it without you!

-ELA Department



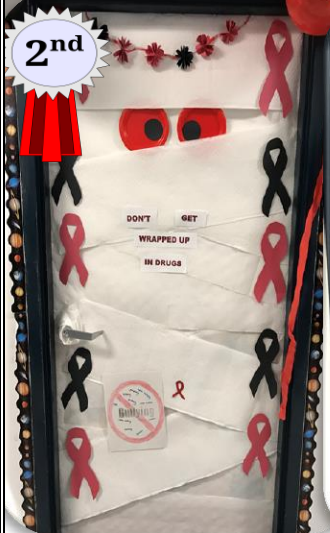
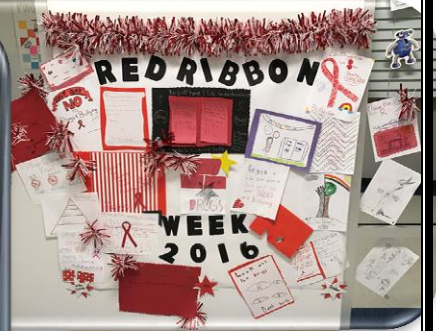
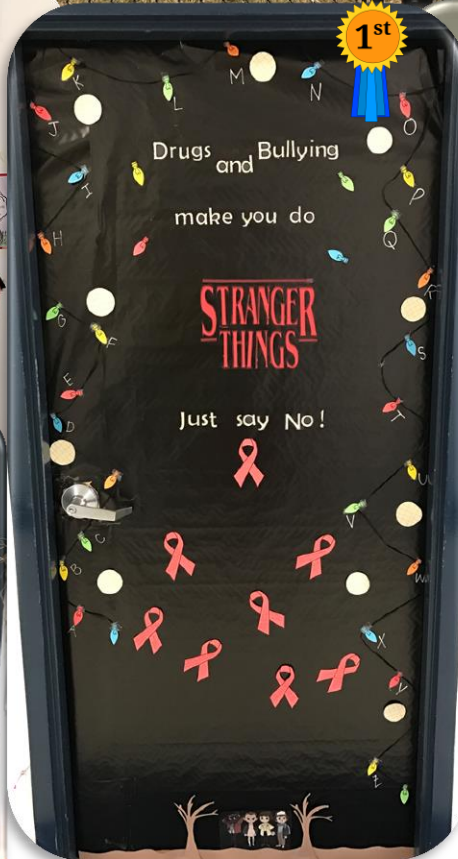
OSS Middle High *Made Strides* *Against Breast Cancer*

Thank you to everyone who participated in the City of Orlando Making Strides Against Cancer 5K walk on Saturday, October 29, 2016. The event was sponsored by the SGA and the team is proud to announce we reached our donation goal of \$1,025! The funds were donated to the American Cancer Society to find a cure for breast cancer. Thank you to the students, teachers, and Orlando Science parents for participated in this praiseworthy event.



RED Day

On Wednesday November 2nd 2016 OSS Students and Staff participated in RED Day. 555+ students and staff signed the pledge, pledging to stop bullying and be drug free. Students wore RED on Wednesday to show their support of a drug and bully free environment. Homerooms also competed in a mural contest, displaying in their own ideas what it means to be drug and bully free. Congratulations to Ms. Smith and Mrs. Balci's Homeroom on winning the mural contest and the reward of a pizza party!

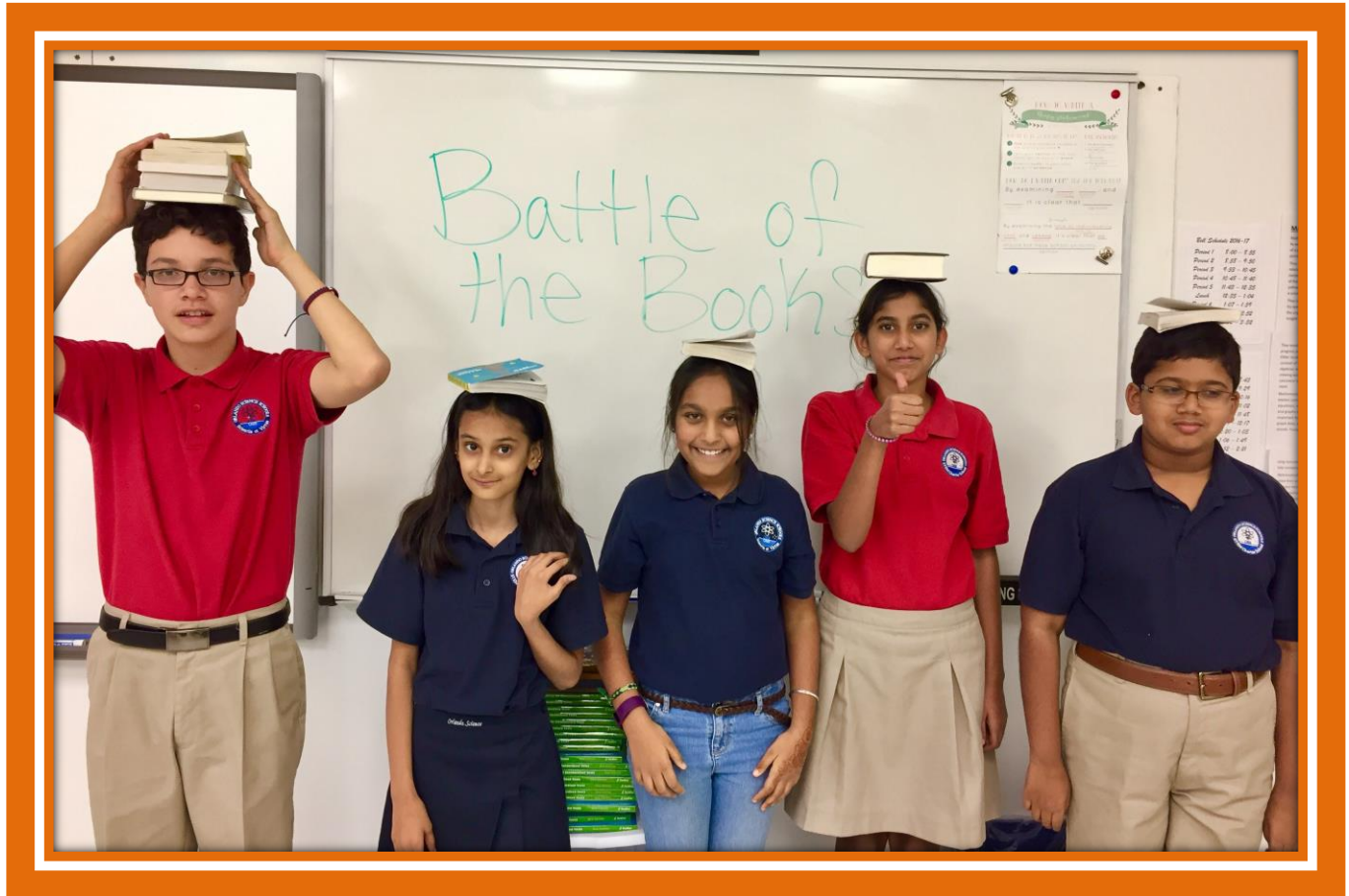




Club of the Week

Battle of the Books

After reading the fifteen Sunshine State Young Readers Award books, students will represent OSS in the Battle of the Books competition.



BATTLE
- of the -
BOOKS
2016

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>



Empty Soda Bottles Wanted

Science Olympiad is in need of 1 liter carbonated soda bottles. Bottles may be filled or empty but should be no bigger than a liter; labels must still be intact of each bottle. If you have any bottles to donate please give them to Ms. Smith, thank you!

Stay Connected

WITH WHAT'S HAPPENING AT OSS MIDDLE/HIGH ON SOCIAL



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

Our FACEBOOK page will provide you with the most up to date information regarding events, announcements and emergency information. Please LIKE our page to stay in the



TWITTER: <https://twitter.com/OrlandoSciMH>

Our TWITTER page will provide you with announcements regarding emergencies, events and other important information! Please FOLLOW us on Twitter.



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

Our YOUTUBE PAGE will provide you with exciting videos of events our students have participated in as well as news stories OSS has been featured in.

Principal's Breakfast

Thankyou



Dear All Parents and Guardians, who attended the *Principal's Breakfast*,

I would like to thank you all for attending the principal's breakfast with Ms. Palmer and I, it was such a pleasure sharing this experience with you. I understand how busy you are and how valuable your time is. We look forward to sharing the experience again with you all again.

Sincerely,

Mr. Yalcin

Day Light Savings Ends *Set your clocks back*

This is just a friendly reminder that Day Light Savings Time Ends on Sunday November 6th 2016 at 2am. Please do not forget to turn your clocks back, and enjoy that extra hour of sleep. Now is also a good time to check the batteries in your smoke alarms.





October 29th-November 5th



Jennifer
Harvik
Ahad
Leah
Mehdi

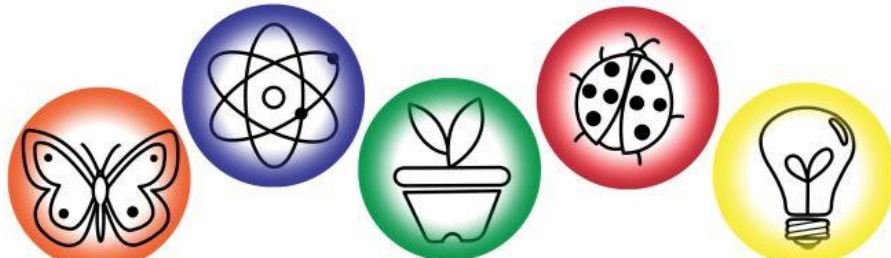
Jaden
Saniyah
Jaykumar
Xandra
Raina

Shandell
Shaedon
Nathan
Ivey
Zainullah



Birthday Dress Down Approval Form

If your student is interested in dressing down for their birthday please stop by the front office fill out the proper form. Students are permitted to dress down on their birthday if their birthday falls on a weekday when school is in session or the Friday before if their birthday falls on a weekend. If their birthday falls over a scheduled break students are able to dress down the Friday before break begins and after their form is filled out and approved.



SCIENCE FAIR

This is the last week to have your project get approved. If you are working on any science fair project that deals with people, vertebrates, or biological hazards you need approval before you begin. Unapproved projects are prohibited in the science fair, and may result in a failed grade! Students should be writing in their research journal. Their journal will be:

- written in pen
- dated
- have no ripped pages
- no white out

Students also need to write out their research plan in their journal. As they rewrite it, they can note any changes that occur. They should be considering on how to write it in a paper format, with paragraphs, as well as be considering their resources that they looked up. If there are any questions please feel free to contact Mr. Stampas at Stampas@orlandoscience.org."



STEM Art Contest



Please make sure that you turn in your STEM art to your science teacher. Middle schoolers can win money for their 2D artistic expression of STEM. Consult with your science teacher or Ms. Santos if you have any questions."



HOSA



"Our Pre-med honor society and Biomedical Academy have been helping with Red Ribbon Week. It is important to know how drugs influence the body and cause harm. Our freshman class have created posters displaying facts about how certain drugs cause damage to your body. Please view these posters in the hallways and share the knowledge. HOSA is starting their studies for their competition on January 21st. They will be competing in respected health fields in a manner similar to Science Olympiad. These competitions will help these students get a leg up in their future health careers. They will be studying Wednesday afterschool. If you have any additional health resources or would like to help out, please see Mr. Stampas Wednesday afterschool. "



Environmental Club

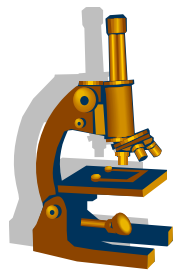


“Our students continue to make the world a better place. Our school recycles paper products. Please support us by placing any paper waste in the proper blue bins. Please do not place any other trash in the blue bins. If you wish to help out more, please contact Ms. Pointkowski. The environmental club meets on Thursday after school. Thank you!”

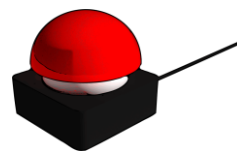
Science Olympiad Competition



“This coming weekend we have a competition! Saturday November 5th is our invitational! We will be meeting at our sister school, Seminole Science School, starting at 9am. It is there in which our teams will compete, testing the waters, and see how much they have learned so far. This is a formal practice for the real competition in January. We will be looking at their test results in their placements on the team. Good luck to everyone that competes. Even if they do not take the test on November 5th, they can still take the test next Saturday. If they wish to be on the main team, they will have to perform well on their test, regardless if they take it November 5th or the following weekend. If you have any questions please email Mr. Ulgut.



Science Bowl



“Students are practicing for Science bowl. Our invitation will be Jan 14th at Lake Nona. This is the same date and location for Science Olympiad. During the judging break for Science Olympiad we will hold science bowl practice. Students that are interested in Science Bowl should see Mr. Stampas, Thursday afterschool.”

ART NIGHT OUT: Ebru(Paper Marbling) Art

Marbling is the art of creating colorful patterns by sprinkling and brushing color pigments on a tray of oily water and the transforming this pattern to the paper. Marbling is very old and traditional Turkish art.

This technique makes you feel power of creativity by catching the mystery both conflicts and harmony of your own will power of water and paint. At the same time it provides you to live it by relaxing while you are taking a great pleasure with this event.

Ebru(marbling) and Calligraphy Club invites OSS

parents to do Ebru on November 11th.

At this night all parents will be able to create their own amazing Ebru Art at 3 different stations.

Some refreshments will be served as well.

Please come and join us to HAVE FUN.

Where: Orlando Science Schools Cafeteria

When: November 11th, 2016 from 5 pm to 7 pm.

Please RSVP to Mrs. Aksu no later than November 9th 2016 at

Yildiz.Aksu@orlandoscience.org



Orlando Science Schools Schoolwide MathCounts Tournament

Dear Parents;

Orlando Science Schools Math Department and Mu Alpha Theta Honor Society will be organizing schoolwide MathCounts competition on Saturday, November 12th. All middle school students are invited to this fun and challenging event. Interested students need to turn in their permission slips to Mr. Akyalcin by Thursday, November 10th.

Date	Saturday, November 12th	Time	8:45am to 1:30pm
Location	OSS Cafeteria		
Who	Middle School students who enjoy Math.		
Cost	\$ 2.00 (Cash Only)		
Awards	Pizza and Donut party for top 2 teams in each grade. Medals for top 15 individuals.		
Student Information	Name: _____ Grade: _____ Math Teacher: _____ Group Name: _____ Group Members: 1-) _____ 2-) _____ 3-) _____ 4-) _____		
Competition Schedule	9:00am-10:00am Sprint Round (Individual, 30 questions, 40 minutes) 10:00am-10:45am Target Round (individual, 8 questions, 6 minutes per 2 questions) 10:45am-11:00am Break 11:00am-11:30am Team Round (Team, 10 questions, 20 minutes) 11:30am-12:00pm Lunch (Pizza) 12:00pm-1:30pm Countdown Round and Award Ceremony		

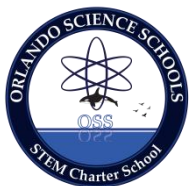
For more information contact with Mr. Akyalcin: e-mail: akyalcin@orlandoscience.org

I give my permission for my child, _____ in _____ grade to compete in the schoolwide MathCounts Tournament at Orlando Science School on, November 12th from 8:45am to 1:30pm.

In case of an emergency, please provide following information:

Name: _____ Phone: _____

Parent/Guardian Signature: _____ Date: _____



Orlando Science Schools FGCU Invitational Mathematics Contest

Dear Parents;

The FGCU Invitational Mathematics Competition is offered by the Department of Chemistry and Mathematics to encourage students to develop their interests and abilities in mathematics. The competition is administered on the main campus of Florida Gulf Coast University located in Fort Myers, Florida. Participation is open to all middle school, junior high school and senior high school students and is divided into six divisions: Algebra I, Algebra II, Geometry, Statistics, Pre-Calculus and Calculus. Students can participate in individual and team rounds for each division. You may find details about the tournament below. Also, **participating students will be excused absent on that day.** Please return this permission slip and contest fee to **Mr. Akyalcin by Friday, December 2nd.**

Date	Monday, December 12th	Time	4:55am to 7:30pm
Location	Florida Gulf Coast University Main Campus (3 hours drive away from Orlando) College of Arts & Sciences 10501 FGCU Blvd South Ft. Myers, FL 33965		
Who	Students who are taking high school courses.		
Student Information	Name: _____ Math Course: _____		
Transportation	Please choose one of the following transportation options <input type="radio"/> Charter Bus -Transportation fee is \$30. <input type="radio"/> I will give ride to my child and be at FGCU Campus by 8:30am		
Lunch	Please choose one of the lunch options <input type="radio"/> <u>I will purchase my lunch.</u> (Suggested pocket money \$10) <input type="radio"/> I will bring my own lunch.		
Registration and Transportation Fee	<ul style="list-style-type: none"> • \$10 Registration fee only (If you don't need school transportation). • \$40 Registration and Transportation Fee (Please make your check payable to Orlando Science Schools)		
Competition Schedule	<u>4:55am</u> Departure from Orlando Science Schools 8:30am-8:45am Registration 9:00am-12:30pm Individual and team tests 12:45pm-2:00pm Lunch 2:00pm-3:30pm Awards Ceremony 3:45pm Departure from FGCU Campus 7:15pm Estimated time of arrival		

Contact Information:

Mr. Akyalcin: (407) 529-6196 e-mail: akyalcin@orlandoscience.org

For more information please check the following website;

<http://www.fgcu.edu/events/mathcompetition/index.html>

November Lunch Menu

CHARTER HOT School Menu

1 November 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>
7	8	9	10	11
Hamburger/Cheeseburger CH E 0094L / CH E 0090L BBQ Sidewinders (1/2 c starch) CH B 0229L Cole Slaw (1/2c other) CH B 0050 Cool Rips (1/2 cup fruit) F 0036/ F 0037 <u>Choice of Milk</u>	Pork Carnitas offered with ½ cup Cilantro Rice CH D 0019 Cuban Black Beans (1/2 c legumes) CH B 0013 Corn (1/2 c Starchy) CH B 0034 Orange Wedges (½ c. fruit) CH F 0020 <u>Choice of Milk</u>	BBQ Rib Sandwich CH E 0224L Deli Roasted Potato(1/2 c Starch) CH B 0048 Steamed Carrots (1/2 red/Orange) CH B 0008 Apple Slices (½ c fruit) F 00 <u>Choice of Milk</u>	Homemade Cheese Pizza CH E 0131L Homemade Pepperoni Pizza CH E 0132L Fresh Green Beans (1/2 C Other) CH B 0019 Sweet Potato Chunks (1/2c red) CH B 0037 Satsumas (1/2 c fruit) <u>Choice of Milk</u>	Cheese Calzone Marinara Sauce (1/2 cup red/orange) Broccoli (1/2 c green) CH B 0020 Pears (ss) (½ c fruit) CH F 0029 <u>Choice of Milk</u>
14	15	16	17	18
Breaded Chicken Leg Basket complete meal CH E 0194L Cole Slaw (1/2c other) CH B 0050 Apple Juice (¾ cup) CH F 0013 <u>Choice of Milk</u>	Nachos and Chips offer 1/4c Cilantro Lime Rice D 0018 Pico de Gallo (1/2 red/Orange) CH B 0091 Cuban Black Bean ½ legumes CH B 0031 Peaches (ss) (1/2 c Fruit) CH F 0024 <u>Choice of Milk</u>	Popcorn Chicken Bowl Offer 1 dinner roll if served together it's a complete meal CH E 0111L Corn (1/2 c Starchy) CH B 0034 Banana (½ c fruit) CH F 0022 <u>Choice of Milk</u>	Turkey and Gravy Stuffing Holiday Cookie Sweet Potato Soufflé (1/2 red/Orange) Fresh Stir Fried Green Beans (1/2 C Other) B 0065 Hot cinnamon Diced Apples <u>Choice of Milk</u>	Chicken Florentine pasta With Garlic bread slice CH E 0227L Carrot Dippers with Ranch (1/2 c red) CH B 0005 Broccoli Dippers (1/2 c green) CH B 0022 Pineapple Tidbits (c) (1/2 Cup) CH F 0034 <u>Choice of Milk</u>

HS MUST OFFER A TOTAL OF 1 FULL CUP OF VEGETABLES AND FRUIT