

Date: December 4<sup>th</sup> 2015  
Issue: 220



# 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 Students and Parents,

I hope you all had a wonderful holiday break. We are so excited for the next few weeks of school and all of our upcoming events.

Our Parent Teacher Conference Nights will take place on Tuesday December 15<sup>th</sup> 2015 and Thursday December 17<sup>th</sup> 2015. Our Wednesday December 16<sup>th</sup> 2015 date was moved to Tuesday. Signups will take place online this time beginning tomorrow Saturday December 5<sup>th</sup> 2015. On Tuesday December 1<sup>st</sup> 2015 an email was sent home with instructions for the new process as well as copy was sent home with your student(s). Please see page thirteen for more information. We are no longer taking phone calls or email reservations.

This is just a reminder that Science Olympiad will meet next week beginning December 7<sup>th</sup> through December 11<sup>th</sup> after school until 5pm. They will meet in the Media Center, Mr. Stampas' room and Mrs. Bolat's room.

We would like to welcome all of you to our OSES/OSS Concert Series taking place on December 8<sup>th</sup> and December 10<sup>th</sup>. Please see page fourteen for more information.

On Wednesday December 16<sup>th</sup>, OSES 5<sup>th</sup> Grade students are visiting Middle/High school. During this visit, students will have the opportunity to tour the school, visit actual classrooms, and participate in a variety of learning activities."

Sincerely,  
*Abdulaziz Yalcin*  
Principal  
Orlando Science Schools  
Middle/High School

*"Forever is composed of nows" –John Green, Paper Towns*

# OSS UPCOMING EVENTS

- Decemember 5<sup>th</sup>: Parent Teacher Conference Sign Up at 10am
- December 5<sup>th</sup> : FLL Robotics Tournament at OSS
- December 5<sup>th</sup>: High School Invitational Science Olympiad at Lake Nona
- December 7<sup>th</sup>-11<sup>th</sup>: Science Olympiad will meet until 5pm
- December 8<sup>th</sup> and 10<sup>th</sup>: OSES/OSS Concert Series
- December 11<sup>th</sup>: OSS School-wide Science Fair
- December 12<sup>th</sup>: Middle School Invitational Science Olympiad Tournament at OSS
- December 14<sup>th</sup>: Toys for Tots Students vs Teachers Basketball Game at OSS Gym
- December 15<sup>th</sup> and 17<sup>th</sup>: Parent Teacher Conference Night
- December 17<sup>th</sup>: Japanese High School Meizen High will be visiting Orlando Science with 43 Students
- December 17<sup>th</sup>: 7<sup>th</sup> Grade Science Field Trip

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

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

*This week in*

# HISTORY



<b>DATE</b>	<b>EVENT(S)</b>
<b>November 30<sup>th</sup> 1838</b>	Mexico declares war on France.
<b>December 1<sup>st</sup> 1969</b>	America's first draft lottery since 1942 is held.
<b>December 2<sup>nd</sup> 1867</b>	People wait in mile-long lines to hear Charles Dickens give his first reading in New York City.
<b>December 3<sup>rd</sup> 1818</b>	Illinois admitted into the Union as the 21 <sup>st</sup> state.
<b>December 4<sup>th</sup> 1991</b>	The last American hostages held in Lebanon are released.

## Orange County Public Schools: 2015-2016 School Calendar

DAY	DATE(S)	EVENT
Monday	September 7 <sup>th</sup> 2015	Labor Day holiday (Schools and District Offices are closed)
Thursday	October 22 <sup>nd</sup> 2015	End of 1 <sup>st</sup> Marking Period
Friday	October 23 <sup>rd</sup> 2015	Student Holiday/Teacher Professional Day/ Teacher Non-Work Day
Monday	October 26 <sup>th</sup> 2015	Student Holiday/Teacher Workday
Tuesday	October 27 <sup>th</sup> 2015	Begin 2 <sup>nd</sup> Marking Period
Monday - Friday	November 23 <sup>rd</sup> -27 <sup>th</sup> 2015	Thanksgiving break: <ul style="list-style-type: none"> <li>• Students are out all week</li> <li>• District Offices are open Nov. 23-25<sup>th</sup></li> <li>• Teacher Non-Workdays: Nov 23<sup>rd</sup>-25<sup>th</sup></li> <li>• Teacher Holiday: Nov 26<sup>th</sup>-27<sup>th</sup></li> </ul>
Two Weeks	December 21, 2015- January 1 <sup>st</sup> 2016	Winter Break (Schools are closed. District offices are closed)
Monday	January 4 <sup>th</sup> 2016	Students Return to School
Thursday	January 14 <sup>th</sup> 2016	End of 2 <sup>nd</sup> Marking Period
Friday	January 15 <sup>th</sup> 2016	Student Holiday/ Teacher Workday
Monday	January 18 <sup>th</sup> 2016	Martin Luther King, Jr. holiday (Schools and District offices are closed)
Tuesday	January 19 <sup>th</sup> 2016	Begin 2 <sup>nd</sup> Semested/3 <sup>rd</sup> Marking Period
Monday	February 15 <sup>th</sup> 2016	Presidents Day holiday (schools and district offices are closed)
Thursday	March 17 <sup>th</sup> 2016	End of 3 <sup>rd</sup> Marking Period
Friday	March 18 <sup>th</sup> 2016	Student Holiday/ Teacher Workday
Monday -Friday	March 21 <sup>st</sup> -25 <sup>th</sup>	Spring Break (Schools are closed. District offices are closed)
Monday	March 28 <sup>th</sup>	Begin 4 <sup>th</sup> Marking Period
Monday	May 30 <sup>th</sup>	Memorial Day holiday ( Schools and District offices are closed)
Wednesday	June 8 <sup>th</sup> 2016	End of 4 <sup>th</sup> Marking Period/ Last day of school for students
Thursday-Friday	June 9 <sup>th</sup> -10 <sup>th</sup>	Post Planning for Teachers

# Club of the Week :

# YEARBOOK

Our yearbook club at OSS is a student-run publication that tells the story of the school year through words and pictures. Yearbook club presents a history book as well as a memory book, but it is also a journalism laboratory that encourages students to learn through hands-on experience.

Students plan, design, write, edit, and take pictures during the production of the yearbook with a goal of including everyone in the school. Yearbook staff members work after school and multiple days of the week in order to capture everything we have to offer at OSS.



## 2015-16 Orlando Science Schools Assessment Calendar

### Florida Standards Assessments (FSA)

#### English Language Arts and Mathematics - Required by State

Dates	Assessment	Grade Level
February 29 - March 11, 2016	FSA English Language Arts - Writing Component	6 -10
April 11 - May 6, 2016	FSA English Language Arts - Reading	6 -10
April 11 - May 6, 2016	FSA Mathematics	6 - 8

#### End-of-Course Assessments - Required by State

Dates	Course
April 18 - May 13, 2016	Algebra 1, Geometry, Algebra 2

### Next Generation Sunshine State Standards (NGSSS) Assessments

#### End-of-Course Assessments - Required by State

Dates	Course
April 18 - May 20 2016	Biology 1, Civics, US History-High School

#### Florida Comprehensive Assessment Test FCAT 2.0 - Required by State

Dates	Assessment	Grade Level
April 11 - May 6, 2016	FCAT 2.0 Science	8

#### 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	English Language and Composition
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
January 6 – 12, 2016	Semester 1 Exams (Courses that are only one semester)
May 31 – June 6, 2016	Secondary End of Year Exams

PSAT	Grade	Status	Test Date	Fee	Deadline to Register
PSAT 8/9	8th-9th	Optional	Oct - 28	\$10	9/1/2015
PSAT 10	10th	Optional	Feb - 24	\$15	12/1/2015
PSAT/NMSQT	10th-11th	Required	Oct - 14	\$0	N/A

Updated – September 30, 2015

# 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>



## PIZZA DAY

Every Thursday throughout the year OSS will be offering students the option to purchase pizza. They may purchase a slice for \$2.00 or make it a combo for \$5.00.

## **Character Word of Month**

*Honesty*

"The character word of the month for December is HONESTY. Honesty means to tell the truth, to be fair and straightforward, and to lead a life of honor and dignity. Or as Thomas Jefferson once said, 'Honesty is the first chapter of the book of wisdom.'"



# Online Resources

Dear Parent/Guardian,

Below you may find web sites and detail information for our online resources.

These websites will help our students achieve better and reach their goals! Your student has the same password and username for all these three online resources. If you lose your username and password, please contact the front office phone extension 100. Should you have any questions or problems accessing these sites, please contact Mr. Han. These resources are also available under the “**Online Student Resources**” link in the website”

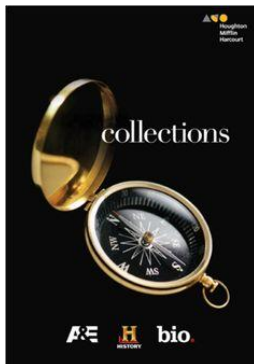


Study Island is an online resource that reinforces what's being taught in your student's class, but it approaches it in a different way. As students answer questions in Study Island, they're learning, reviewing, peer tutoring and they also feel like they're playing a video game in Game Mode. This promotes students' acquisition of skills while making learning interactive and fun. The web address is: [www.studyisland.com](http://www.studyisland.com)



AR utilizes the ATOS readability formula—a verified measure of quantitative [text complexity](#) for the Common Core State Standards. Each book with an AR Quiz has an ATOS book level and an interest level—a qualitative measure of text complexity. This information is free and easily accessible on AR BookFinder. The ATOS Analyzer allows you to submit text and instantly receive an ATOS level.

- Please click to start AR Experience: <https://hosted322.renlearn.com/2598065/default.aspx>
- Please click to see the new face: <http://doc.renlearn.com/KMNet/R0056002BACA7F3F.pdf>

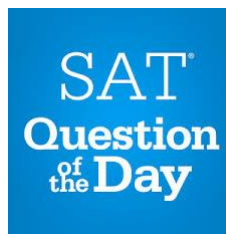


#### **HMH ELA Textbook:**

Link: <http://my.hrw.com/>

This online resource offers the complete book online (students can log into the website and view all pages of their actual textbook—this will save from students having to take their ELA Textbook home each night to complete homework because they can view the pages from the computer). Other features of Holt Learning Online include videos of examples in each lesson, interactive activities, additional practice problems for each lesson, and parent resources. Holt Learning Online is a great resource to utilize to help your child be successful in each chapter of the textbook.





### **SAT Question of the Day**

Link: <https://sat.collegeboard.org/practice/sat-question-of-the-day>

#### **Daily practice questions with online answer explanations**

Students can find the Official SAT Question of the Day by simply going to [sat.org/gotd](https://sat.org/gotd), following [@SATQuestion](https://twitter.com/SATQuestion) on Twitter or downloading the [free mobile app](#) for your iPhone, iPad or iPod. Hints and detailed answer explanations are provided for each question. A running log of how many visitors have answered the question correctly is displayed along with a tally of the total answers.

#### **Track performance**

If students sign in to their collegeboard.com accounts before answering the question, they can keep track of their answers by SAT section, and they can see how their performance compares to that of other respondents.



### **Khan Academy**

Link: <https://www.khanacademy.org/login>

Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more. Our math missions guide learners from kindergarten to calculus using state-of-the-art, adaptive technology that identifies strengths and learning gaps. We've also partnered with institutions like NASA, The Museum of Modern Art, The California Academy of Sciences, and MIT to offer specialized content.



### **Project Lead the Way**

Link: <https://my.pltw.org/user/login?destination=node/1>

Project Lead the Way (PLTW) is the nation's leading provider of K-12 STEM programs. The curriculum and high-quality teacher professional development model, combined with an engaged network of educators and corporate and community partners, help students develop the skills necessary to succeed. This year, we are implementing PLTW - Pathway to Engineering and Biomedical Science Academy. Students can access with their login information to PLTW Online Learning Management System and see the instructors assignments and projects and their grades.



Naviance

Link: [www.naviance.com](http://www.naviance.com)

Naviance is a comprehensive college and career readiness solution for middle and high schools that helps align student strengths and interests to post-secondary goals, and improve student outcomes.

### Introducing Naviance Test Prep WorkKeys

PREP FOR ACT WORKKEYS® NATIONAL CAREER READINESS CERTIFICATION

Many students graduate high school planning to enter the workforce directly. Yet many students lack critical skills necessary to be successful in entry-level jobs. Learn how Naviance Test Prep for WorkKeys can help. Please go to the website and click on the video for more details.



Common App

Link: [www.commonapp.org](http://www.commonapp.org)

Seniors ONLY

The Common Application (informally known as the Common App) is an undergraduate college admission application that applicants may use to apply to any of 517 member colleges and universities in 47 states and the District of Columbia, as well as in Austria, France, Germany, Italy, Switzerland, and United Kingdom.

College Planning

Link: [www.floridashines.org](http://www.floridashines.org)

Florida Shines exist to empower all of Florida's 20,000,000 residents to earn a college degree and find a bright career. Whether you're in high school just starting to think about college or you're already working and ready to earn or complete your degree, FloridaShines can help. We've got the resources and support you need.

FloridaShines works with the state's 40 colleges and universities and other partners to help you succeed in school and beyond. Check your transcript. Register for an online course. Search libraries across the state. And a whole lot more. All designed to help you shine.





## **Science Fair Resources**

<http://www.yingexpo.com/studentforms.htm>

Where students can get the forms needed for the Science Fair

<http://www.yingexpo.com/docs/paperworkPPT.pdf#view=Fit>

Science Fair Forms Guide

[http://www.osc.org/index.php?option=com\\_content&view=category&layout=blog&id=37&Itemid=41](http://www.osc.org/index.php?option=com_content&view=category&layout=blog&id=37&Itemid=41)

Orlando Science Center Competitions

[http://www.sciencebuddies.org/science-fair-projects/project\\_ideas.shtml#browseallprojects](http://www.sciencebuddies.org/science-fair-projects/project_ideas.shtml#browseallprojects)

Baby Science Fair ideas, I expect something way more original.

<http://www.floridassef.net/current-fair/>

State Science Fair

<https://student.societyforscience.org/attendees>

National Science Fair



## **Science Olympiad**

[http://soinc.org/2015\\_div\\_b\\_events](http://soinc.org/2015_div_b_events)

Science Olympiad main site

<http://www.floridascienceolympiad.org/index.html>

Science Olympiad site for scores and competition dates

[http://scioly.org/wiki/index.php/Main\\_Page](http://scioly.org/wiki/index.php/Main_Page)

Site for resources and tests

# AP PHYSICS I

AP Physics 1 is an algebra-based, introductory college-level physics course. Students cultivate their understanding of Physics through inquiry-based investigations as they explore topics such as Newtonian mechanics (including rotational motion); work, energy, and power; mechanical waves and sound; and introductory, simple circuits.

Online Practice site-1: <http://www.webassign.net/features/textbooks/oscolphys1/details.html?l=search>

Online Practice Site-2 [https://openstaxcollege.org/files/textbook\\_version/low\\_res\\_pdf/9/physics-lr.pdf](https://openstaxcollege.org/files/textbook_version/low_res_pdf/9/physics-lr.pdf)

PhET Interactive Simulations: <http://phet.colorado.edu/>

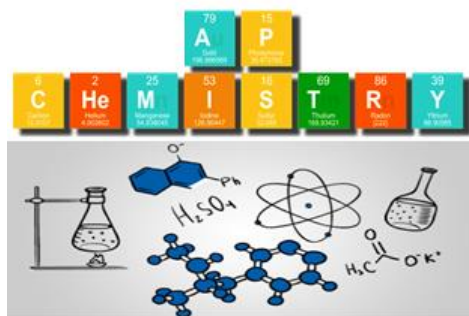
Additional Online Resources:

<https://phet.colorado.edu/en/simulations/category/new>

<http://physics.bu.edu/~duffy/classroom.html>

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

<http://amrita.vlab.co.in/>



The AP Chemistry course provides students with a college-level foundation to support future advanced course work in chemistry. Students cultivate their understanding of chemistry through inquiry-based investigations, as they explore topics such as: atomic structure, intermolecular forces and bonding, chemical reactions, kinetics, thermodynamics, and equilibrium.

AP Central:

<https://apstudent.collegeboard.org/apcourse/ap-chemistry>

## Online Resources Links:

<https://phet.colorado.edu/en/simulations/category/chemistry>

<https://www.khanacademy.org/science/chemistry>

<http://www.meta-synthesis.com/index.html>

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

[http://www.rsc.org/learn-](http://www.rsc.org/learn-chemistry/resource/listing?searchtext=&fcategory=all&filter=all&Audience=AUD00000001&displayname=teachers)

[chemistry/resource/listing?searchtext=&fcategory=all&filter=all&Audience=AUD00000001&displayname=teachers](http://www.rsc.org/learn-chemistry/resource/listing?searchtext=&fcategory=all&filter=all&Audience=AUD00000001&displayname=teachers)

<http://www.bozemanscience.com/ap-chem-005-electron-configuration>

<http://education-portal.com/academy/course/ap-chemistry.html>

<http://www.sciencegeek.net/APchemistry/index.shtml>

<http://teacherpress.ocps.net/seanmurphy/>

<http://www.sophia.org/subjects/chemistry>

<http://www.learnerstv.com/Free-Chemistry-video-lecture-courses.htm>

<http://www.chm.davidson.edu/vce/index.html>

<http://www.sciencegeek.net/APchemistry/APtaters/directory.shtml>

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

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

<http://chemvlab.org/home/index.php>

<https://pogil.org/resources/references/chemistry>

<http://www.rsc.org/learn-chemistry>

# PTC NIGHT SIGN UPS

## ATTENTION:

Please do not forget that PTC Sign Ups will take place tomorrow Saturday December 5<sup>th</sup> starting at 10am. You may access the signups using the link below. Instructions were emailed on Tuesday December 1<sup>st</sup> 2015 and a copy was sent home with your student(s), you may also find the instructions on the second link below.

Please note that our Wednesday December 16<sup>th</sup> 2015 date was moved to Tuesday December 15<sup>th</sup> 2015. **We are no longer accepting phone call or email reservations.** Please understand that appointments are only 15 minutes long. If you need more time please arrange for another date and time to meet with your student's teachers.

<http://www.signupgenius.com/go/30e0949a9aa23a6f94-parent/>  
<http://orlandoscience.org/home-1/front-page/parent-teacher-conference-nights>



## MS Basketball Tryouts

### Middle School Basketball Tryouts

Middle School Basketball Tryouts will be held on Monday December 7<sup>th</sup> 2015 and Tuesday December 8<sup>th</sup> 2015 in the gym from 3:45-5pm. Students interested in trying out **MUST attend both days of tryouts and have completed a physical evaluation packet.** Forms can be found online at the link below or in person from Ms. Zeratsky. If you have any questions you may email Ms. Zeratsky at [Zeratsky@orlandoscience.org](mailto:Zeratsky@orlandoscience.org)

[https://ww2.c2cschools.com/?controller=fileProxy&file\\_id=4A60590B5F5C4281870D4A3F59B152AD&auth=D019C983A374C231CDD6392A4DFD2B48](https://ww2.c2cschools.com/?controller=fileProxy&file_id=4A60590B5F5C4281870D4A3F59B152AD&auth=D019C983A374C231CDD6392A4DFD2B48)



# Volunteers Needed !

Orlando Science Elementary School is hosting the Winter Robotics and Legos Invitational on December 12th from 9 AM to 12 PM. Families and JR FLL teams are welcome to attend and explore STEM activities as well as see the JR FLL Showcase. The STEM activities will include Hour of Code, Google Cardboard, Lego Creation Challenges, Holograms, Snap Circuits, Squishy Circuits, Probot and Beebot Programming, the FLL Showcase, as well as the JR FLL Showcase. Coffee, tea, snacks, and lunch will be available at the concession stand. It is open to Orlando Science and Seminole Science families and friends. The cost per family is \$5 and the cost for JR FLL teams is \$25. RSVP here for the event: <http://bit.ly/oseswinterrobot>. You may pay at the door. If you would like to volunteer, please sign up here: <http://bit.ly/wintervolunteers>.

***Volunteers can be middle or high school students that need hours and even teachers!***



## OSSES/OSS Concert Series

"On December 8th and December 10th will be the OSSES/OSS Concert Series. December 8th will showcase choral groups from OSSES, and December 10th will present concert bands from OSSES and our very own OSS. Both shows start at 5:30 at the school and are \$3.00 at the door. Parking may be limited, so carpool if possible. We hope to see you there as we present 2 wonderful nights of music."



# Late Arrivals

Students arriving after 8:05am must be signed in at the front desk regardless of their grade level.

Classes Begin at 7:55am for grades 6<sup>th</sup>-8<sup>th</sup> and  
8:00am for grades 9<sup>th</sup>-12<sup>th</sup>.

We cannot thank you enough for your understanding

# Leaving Early

Please be advised that students will not be permitted to leave school within 20 minutes of the final school bell unless arrangements are pre made with front desk due to our car pool line. We appreciate your understand and cooperation

# Extended Absences

Students needing five (5) or more days absent from school will need to fill out a Pre-Approved Leave of Absence form at the front desk. This is to be sure arrangements can be made for your student(s). This form must be turned in five days prior to the absences.

# Lunch Menu

1 December 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 <i>Smart Cookies</i> Applesauce cups <u>Choice of Milk</u>	Strawberry and Cream Parfait with Cinnamon Granola Pack (2 grain ½ c fruit) Complete meal Apple Juice( Offer to HS Only) <u>Choice of Milk</u>	Bagel with Cream Cheese Mixed Fruit <u>Choice of Milk</u>	Assorted Cereal Cups, bars, and Bowls offer with toast Apple Juice <u>Choice of Milk</u>	Assorted Pop-tarts (2 pack) Diced Pears <u>Choice of Milk</u>
30	1	2	3	4
Bean and Cheese Enchilada Charro Pinto Beans ( ½ legumes) Corn ( ½ starchy) Whole Assorted Apples ( ½ fruit) <u>Choice of Milk</u>	Grilled Chicken Salad w/ flatbread (2M, 2G, 1 c. other veg., ¼ c. red)- <u>complete meal with G, M/MA, and Vegetables</u> Mixed Fruit (C) ( ½ fruit) <u>Choice of Milk</u>	Chicken Parm with Penne Pasta (V)(2G,2M) Broccoli (3/4 green) Cool Rips ( ½ fruit) <u>Choice of Milk</u>	Chicken Alfredo with Garlic Bread (3G,2M) (2m/ma, 2g) <i>Sweet Potato Chunks (3/4 c Red)</i> Sliced Apples (1/2 fruit) <u>Choice of Milk</u>	BBQ Chicken Pizza (2M, 2G) California Blend Vegetables (3/4c) Grapes (1/2c) <u>Choice of Milk</u>
7	8	9	10	11
Breaded Chicken Leg with large Biscuit (2m/ma, 2.5 g)  Glazed Carrots (3/4 c Red/Orange) Side Kicks <u>Choice of Milk</u>	Chicken and Cheese Quesadilla Serve with 1/2 cup Cilantro Lime Mexican Rice Cuban Black Beans ( ½ legumes) Corn ( ½ starchy) Mixed Fruit (C) ( ½ fruit) <u>Choice of Milk</u>	Meatball Sub (2m/ma, 2g) Broccoli (3/4 Green) Diced Pears(SS) ( ½ cup fruit) <u>Choice of Milk</u>	Homemade Cheese Pizza (2M, 2G) Homemade Pepperoni Pizza (2M, 2G) Green Beans (3/4C Other) Pineapple Tidbits (C) ( ½c fruit) <u>Choice of Milk</u>	Mac and Cheese with Dinner Roll Peas and Carrots (3/4c other) Assorted Juice <u>Choice of Milk</u>
14	15	16	17	18
Chicken Alfredo with Garlic Bread (2M, 2G)  Broccoli (3/4c) Assorted Juice (1/2c) <u>Choice of Milk</u>	Chicken Taco with Salsa Verde (Green Sauce)  Charro Pinto Beans ( ½ legumes) Corn ( ½ starchy) Apple Slices (1/2c) <u>Choice of Milk</u>	Chicken Nuggets w/ Mac and Cheese (3M, 2G)  Glazed Carrots (3/4c red) Grapes (1/2c) <u>Choice of Milk</u>	HAPPY HOLIDAYS Roasted Turkey with Stuffing and Gravy Sweet potato Soufflé (1/4c EL and MS ½ c HS red) Green Beans (½ Cup) Baked Cinnamon Apples (HS Must offer 1 cup) Holiday Cookie (1G) <u>Choice of Milk</u>	Garlic French Bread Pizza (2M, 2G) Marinara Sauce (for French Bread) 2oz side Italian Blend Vegetable (3/4 c)  Whole Red Apples <u>Choice of Milk</u>

HS MUST OFFER A TOTAL OF 1 FULL CUP OF VEGETABLES

