## 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."

## Individual Highlights

Principals Corner

Upcoming Events

This Week in History

OCPS
Calendar 4
SAT/ACT
Dates
5

Extra, Extra 6
Welcome
Picnic
Happy
Birthday 8
Soccer Team 9
Curriculum
Night 10
Club
Schedule 11-12
Lunch Menu 13


## Drincipal's Cormer

Dear Parents and Guardians,
I hope we had another great week at OSS! Please remember school and district offices will be closed on Monday September $5^{\text {th }} 2016$ for Labor Day. We will resume classes and clubs on Tuesday September $6^{\text {th }}$ 2016. OSS will be holding our annul Welcome Picnic on Saturday September $24^{\text {th }} 2016$ please turn to page seven for more details on this on wonderful even!

Back by popular demand we will feature our first Club of The Week for the 2016-2017 School year, in next week's newsletter. We will also be bringing back our weekly Newsletter Trivia, please be sure to keep a look out for these two features next week.

Beginning with this week's newsletter we will feature our students whose birthdays are held during the week. Due to this being its first week, in this edition only we will recognize all of our students who had a birthday from August $1^{\text {st }}$ until September $3^{\text {rd }}$. Please turn to page eight for more information.

Our annual Curriculum Night will take place on September $8^{\text {th }}$ and $9^{\text {th }}$. Please see page ten for more info, we encourage everyone to come out to this wonderful event with your families. We also ask that you RSVP with the link provided on page ten. We cannot wait to see you all there.

You will be provided an email next week with information regarding club sign ups. If you have any questions in the meantime please contact Mr . Tuzen or Ms. Smith and they will assist you the best they can. Weekly Reminder emails will also begin next week, please keep an eye on your email throughout the week for them as well.

As always I hope that we continue having a fantastic year here at OSS. If you have any concerns please email me at any time, have a safe and wonderful holiday weekend and we will see you on Tuesday September $6^{\text {th }}$ 2016. Sincerely,

Principal
Orlando Science
Middle/High School

## OSS Uncoming Events

- September $5^{\text {th }}$ 2016: Labor Day (No School)
- September $8^{\text {th }}$ 2016: Curriculum Night at OSS Middle/High
- September $9^{\text {th }}$ 2016: Curriculum Night at OSS Middle/High
- September 24 ${ }^{\text {th }}$ 2016: Welcome Picnic
- Monday October $3^{\text {rd }}$ 2016: Picture Re-take Day
- October 13 ${ }^{\text {th }}$ 2016: End of the $1^{\text {st }}$ Marking Period

| 2016-2017 Report Card Dates |  |
| :---: | :---: |
| 1st Quarter Progress Report Card | Wednesday September 14 $4^{\text {th }} 2016$ |
| 1st Quarter Report Card | Thursday, October 13 ${ }^{\text {th }} 2016$ |
| 2nd Quarter Progress Report Card | Wednesday November $16{ }^{\text {th }} 2016$ |
| 2nd Quarter Report Card | Thursday, December $16^{\text {th }} 2016$ |
| 3rd Quarter Progress Report Card | Wednesday February 1 ${ }^{\text {st }} 2017$ |
| 3rd Quarter Report Card | Thursday, March 16 ${ }^{\text {th }} 2017$ |
| 4th Quarter Progress Report Card | Wednesday April $26^{\text {th }} 2016$ |
| 4th Quarter Report Card | Wednesday, May 31 ${ }^{\text {st }} 2017$ |


| 2016-2017 Parent Teacher Conference (PTC) Nights |  |  |
| :---: | :---: | :---: |
| $1^{\text {st }}$ Quarter | Wednesday September $21^{\text {st }} 2016$ <br> Thursday September $22^{\text {nd }} 2016$ | 4:00PM-6:00PM <br> 4:30PM-6:30PM |
| $2^{\text {nd }}$ Quarter | Wednesday November $30^{\text {th }} 2016$ Thursday December $1^{\text {st }} 2016$ | 4:00PM-6:00PM <br> 4:30PM-6:30PM |
| $3^{\text {rd }}$ Quarter | Wednesday February $15^{\text {th }} 2017$ Thursday February $16^{\text {th }} 2017$ | 4:00PM-6:00PM 4:30PM-6:30PM |
| $4^{\text {th }}$ Quarter | Wednesday May 3rd 2017 Thursday May 4 ${ }^{\text {th }} 2017$ | 4:00PM-6:00PM <br> 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 litmed 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 <br> 

|  | (SVN |
| :--- | :--- |
| August $29^{\text {th }} 1966$ | The Beatles give their last public concert. |
| August $30^{\text {th }} 1983$ | The Eifel Tower welcomes its $150^{\text {th }}$ million visitor. |
| August $31^{\text {st }} 1997$ | Diana, Princess of Wells, dies in a car crash in Paris. |
| September $1^{\text {st }} 1904$ | Helen Keller graduates with honors from Radcliffe College. |
| September $2^{\text {nd }} 1970$ | NASA cancels two planned missions to the moon. |

## 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 $\mathbf{1 5}^{\text {th }} \mathbf{2 0 1 6}$ | First Day of School for Students |
| :---: | :---: |
| Monday September 5 ${ }^{\text {th }} 2016$ | Labor Day Holiday (School and District Offices are closed) |
| Thursday October $13{ }^{\text {th }} 2016$ | End of $1^{\text {st }}$ marking period(43 Days) |
| Friday October $14^{\text {th }} 2016$ | Student Holiday/Teacher Workday |
| Monday October $17^{\text {th }} 2016$ | Begin $2^{\text {nd }}$ marking period |
| Friday October $\mathbf{2 8}^{\text {th }} 2016$ | Student Holiday/Teacher Professional Day/Teacher Non-workday |
| W-F November $23{ }^{\text {rd- }}$ 25 $^{\text {th }} 2016$ | Thanksgiving Break |
| Friday December $16{ }^{\text {th }} 2016$ | End of $2^{\text {nd }}$ marking period (41 Days) |
| December $19{ }^{\text {th. January }} 2^{\text {nd }}$ | Winter Break |
| Tuesday January 3 ${ }^{\text {rd }} 2017$ | Student holiday/Teacher Workday |
| Wednesday January 4 ${ }^{\text {th }} 2017$ | Students Return/ Begin $3^{\text {rd }}$ marking period |
| Monday January 16 ${ }^{\text {th }} 2017$ | Martin Luther King, JR Holiday( School and District offices are closed) |
| Monday February $20^{\text {th }} 2017$ | President's Day Holiday (Schools are closed. District Offices are closed) |
| Thursday March 16 ${ }^{\text {th }} 2017$ | End of $3^{\text {rd }}$ marking period(50 Days) |
| Friday March 17 ${ }^{\text {th }} 2017$ | Student Holiday/Teacher workday |
| March 20 ${ }^{\text {th }} \mathbf{2 4}^{\text {th }} 2017$ | Spring Break(Schools are closed, district offices are open) |
| Monday March 27 ${ }^{\text {th }} 2016$ | Begin 4th marking period |
| Friday April 28 ${ }^{\text {th }} 2017$ | Student Holiday/ Teacher non-workday |
| Monday May 29th 2017 | Memorial Day Holiday(School and District Offices are closed) |
| Wednesday May 31 ${ }^{\text {st }} 2017$ | End of $4^{\text {th }}$ marking period. Last Day of School for students |
| June 1 ${ }^{\text {st-June }} 2^{\text {nd }} 2017$ | Post-planning for teachers |

## SAT/ACT Dates

achieve
more
SAT

| 8:9 1 A M D |  |  |  |
| :---: | :---: | :---: | :---: |
| Test Date | Normal Registration | Late Registration | Online Score Release |
| Oct $1^{\text {st }} 2016$ | Sept $1^{\text {st }} 2016$ | Sept $16^{\text {th }} 2016$ | Oct $20^{\text {th }} 2016$ |
| Nov 5 ${ }^{\text {th }} 2016$ | Oct 7 ${ }^{\text {th }} 2016$ | Oct $21{ }^{\text {st }} 2016$ | Nov $24^{\text {th }} 2016$ |
| Dec $3^{\text {rd }} 2016$ | Nov $3^{\text {rd }} 2016$ | Nov $188^{\text {th }} 2016$ | Dec $22^{\text {nd }} 2016$ |
| Jan $21{ }^{\text {st }} 2017$ | Dec $21{ }^{\text {st }} 2016$ | Jan $3^{\text {rd }} 2017$ | Feb $16^{\text {th }} 2017$ |
| Mar $11^{\text {th }} 2017$ | Feb $10^{\text {th }} 2017$ | Feb 24 ${ }^{\text {th }} 2017$ | Mar 30 ${ }^{\text {th }} 2017$ |
| May ${ }^{\text {th }} 2017$ | Apr $7^{\text {th }} 2017$ | Aprl $21{ }^{\text {st }} 2017$ | May $25^{\text {th }} 2017$ |
| Jun $3^{\text {rd }} 2017$ | May $9^{\text {th }} 2017$ | May 19 ${ }^{\text {th }} 2017$ | Jun $22^{\text {nd }} 2017$ |

ACT
ACT DATES

| Test Date | Deadline | Late Deadline | Score Release* |
| :---: | :---: | :---: | :---: |
| Sept 10 ${ }^{\text {th }} 2016$ | August 5 ${ }^{\text {th }} 2016$ | August 19 ${ }^{\text {th }} 2016$ | Sept 19 ${ }^{\text {th }}$, Oct $3^{\text {re }} 2016$ |
| Oct $22^{\text {nd }} 2016$ | Sept $16^{\text {th }} 2016$ | Sept $30^{\text {th }} 2016$ | Nov 8 ${ }^{\text {th }}$, Nov $15^{\text {th }} 2016$ |
| Dec $10^{\text {th }} 2016$ | Nov $4^{\text {th }} 2016$ | Nov $8^{\text {th }} 2016$ | Dec 21 ${ }^{\text {st }}$ 2016, Jan $4^{\text {th }} 2017$ |
| Feb 11 ${ }^{\text {th }}$ 2017** | Jan $13{ }^{\text {th }} 2017$ | Jan $20^{\text {th }} 2017$ | Feb 21 ${ }^{\text {st }}$, Feb $28{ }^{\text {th }} 2017$ |
| Apr $8^{\text {th }} 2017$ | Mar 3 ${ }^{\text {rd }} 2017$ | Mar $17^{\text {th }} 2017$ | Apr $26{ }^{\text {th }}$, May $10^{\text {th }} 2017$ |
| June $10^{\text {th }} 2017$ | May 5 ${ }^{\text {th }} 2017$ | May 19 ${ }^{\text {th }} 2017$ | June 21 ${ }^{\text {st }}$, June $28^{\text {th }} 2017$ |

## EXIDA, EXIRA

## 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

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education." -Martin Luther King, Jr.

## Follow us on Social Media


https://www.facebook.com/orlandoscience
https://www.youtube.com/user/orlandosciencesch

## OSS Middle High Annual

## Welcome Pienic

We coordinately event all OSS families and friends to the Annual Welcome Picnic. This event will take place on Saturday September $24^{\text {th }} 2016$ from 10am-2pm in the green area. OSS will be serving hotdogs, chicken and hamburgers. If you would like to attend this exciting and joyous event please RSVP using the link below. 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 $6^{\text {th }}-12^{\text {th }}$.

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



August Birthdays

Luis W.
Armon I.
Izan D.
Maleeha S.
Xin Yi (Emma) W.
Mariah P.
Alberto $R$.
Ariel T.
Djamal Y .
Erin M.
Jameel J.
Arshia G.
Edmary A.
Gabriella S-M.
Dysiah B.
Emily-Elizabeth K. Harshitha U.

Levi F .
Sona D.
Nicholas T.
Ahmed A.
Royal.
Tyler T.
Ashley C.
Jason H .
Adonis J.
Dakota M.
Aiden E.
Fenn S .
Leonardo G.
Daniela G.
Ibrahim A.
Shrey P.

Joshua M. James K.
Trevor K.
Sterlin B.
Peyton H.
Avril I.
Henry SA.
Anthony L.
llias B.
Sherand $Y$ Nasir L.
Henry S.
Alexander M.
Nauti'ka R.
Sarah $Z$.
Rohan J.
Destiny P .

## September $1^{\text {st }}-3^{\text {rd }}$ Birthdays

Ikram E.
Cindy T .
Tiara M.
Ananya $V$.
Nallin K.

#  <br> 2016-2017 8 OSS Middle School 

## Soccer

## Team

Coach: Mr. Morgan

- Jacab R.
- Malachi H.
- Javani A.
- Alex Y.
- James K.
- Yalisa R.
- Lyliany D.
- Nasir L.
- Ahmed A.
- Ibrahim A.
- Avinash H.
- Brandon M.
- Jashua P.
- Michael T.
- Andrew F.
- Brandan 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. $1^{\text {tt }}$ 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 $15 \quad$ 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 |  | 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.) |

## ORLANDO SCIENCE

Dear Parents and Guardians,
I hope you all had a nice start of new school year! We are all excited and happy to see the students back to school ready to learn and nurture. I cordially invite you and your student to the annual Orlando Science School Curriculum Night on the following evenings below.

Thursday, September 8th at 5:30 p.m. - 8:00 p.m. 6th /7th Grade<br>Friday, September 9th at 5:30 p.m. - 8:00 p.m. 8th and High School

There will be general session for parents at 5:30 pm for 20 Minutes in the cafeteria.
Our Curriculum Night is designed to give parents and students the information needed to build a solid foundation of the curriculum and OSS course offerings. Students and parents are able to receive more in depth curriculum details about each course, the overall academic expectations throughout the year, end of course assessments, Advanced Placement course information, and structured study habits

We believe that this is the first step for your child's successful academic experience. The entire Orlando Science staff looks forward to working closely with you. We welcome your active participation and seek to develop a strong home/school relationship.

## Please RSVP using the link provided below:

http://www.signupgenius.com/go/30e0949a9aa23a6f94-201620177

Sincerely,


Principal
Orlando Science
Middle/High School



## Club Schedule and Coaches

| Day | Club | Coach |
| :---: | :---: | :---: |
| Monday/Wednesday/Friday | Adavanced Band | Mr.Jenkins |
| Monday | AMC 10/12- (8th-12th) | Mr. Akyalcin |
| Thursday | Art Club | Ms. Killian |
| Friday | Badmiton(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 | Competiton Math Pre-Algebra(6th) | Mr. Yakisma |
| Wednesday/Friday | Competiton Math Pre-Calc and Calculus (9th-12th) | Mrs.Akyalcin |
| Friday | Drama Club | Ms.Harper |
| Tuesday | Duke TIP | Mr. Thomas |
| Thursday | Enviornmental 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 Club | Mrs.Bozzo |
| 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 | Mrs.Bozzo |
| Tuesday | Soccer Club | Mr. Morgan |
| Thursday | STEM Club | Mr. Stampas |
| Friday | Student Government Association | Mr. Kriebel |
| Tuesday | Volleyball Club | Mrs. Masuoka |
| Thursday | Women's History Club | Mrs. Gourdie |
| Tuesday/Thursday | World Language Speech Club | Mrs. Dilek |
| Monday | Yearbook | Mr. Lakner |

# 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) <br> $100 \%$ Orange Juice ( $1 / 2$ cup fruit) <br> Applesauce Cup ( $1 / 2$ cup fruit) <br> Choice of Milk | $\begin{gathered} \text { Assorted Yogurt with } \\ \text { Cinnamon Granola Pack (2 } \\ \text { grain,) } \\ 100 \% \text { Apple Juice ( } 1 / 2 \text { cup } \\ \text { fruit) } \\ \text { Diced Pear Cups ( } 1 / 2 \text { Cup } \\ \text { fruit) } \\ \text { Choice of Milk } \end{gathered}$ | Bagel with Cream Cheese (2 Grain) <br> $100 \%$ Orange Juice $1 / 2$ cup fruit) <br> Banana ( $1 / 2$ cup fruit) <br> Choice of Milk | Assorted Cereal Cups, bars, and Bowls offer with toast (2 Grain) <br> $100 \%$ Apple Juice ( $1 / 2$ cup fruit) Oranges ( $1 / 2$ cup fruit) Choice of Milk | Assorted Pop-tarts with Cheese Stick (1 pack for EL and MS). <br> Assorted Pop-tarts(2pack HS) <br> (2 Grain) <br> Assorted Juice ( $1 / 2$ cup fruit) <br> Whole Assorted Apples (1/2 cup fruit) <br> Choice of Milk |
| 5 | 6 | 7 | 8 | 9 |
| HOLIDAY NO SCHOOL | Soft Tacos offered with $1 / 2$ cup Cilantro Rice E 0184 \& D D0019 Cuban Black Beans ( $1 / 2$ C legumes) B 0013 Corn ( $1 / 2$ c starchy) B 0034 Orange Wedges ( $1 / 2$ c. fruit) F 0020 Choice of Milk | BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 C Starch) B 0048 Steamed Carrots ( $1 / 2$ red/Orange) B 0008 Strawberry cups ( $1 / 2$ c fruit) F 0027 Choice of Milk | 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 Choice of Milk | Chicken Parmigiana Sub E 0070L Broccoli $(1 / 2$ Cgreen $)$ B 0020 Sweet Potato Chunks (1/2c red) B 0037 Pears (ss) $(1 / 2$ C fruit) F 0029 Choice of Milk |
| 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) F0013 Choice of Milk``` | Chicken and cheese Quesadilla offer $1 / 4 \mathrm{c}$ Cilantro Lime Rice E 0229L \& D 0018 <br> Steamed Carrots (1/2 red/Orange) <br> B 0048 <br> Cuban Black Bean \$/ legumes <br> B 0031 <br> Peaches (ss) ( $1 / 2 \mathrm{C}$ Fruit) <br> F 0025 <br> Choice of Milk |  | Taco Salad offer with Corn Tortilla Chips (Complete Meal) E 0199L <br> Mixed Fruit (ss) ( $1 / 2$ fruit) <br> F 0031 <br> Choice of Milk | 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 Choice of Milk |
| 19 | 20 | 21 | 22 | 23 |
| Breaded Chicken Leg Basket (complete meal) <br> E 0195L <br> Cole Slaw ( $1 / 2 \mathrm{zc}$ other) <br> B 0050 <br> Orange Juice ( $3 / 4$ cup) <br> F0014 <br> Choice of Milk | Soft Tacos with $y_{2}$ cup Cilantro Rice <br> E 0184L \& D 0018 <br> Cuban Black Beans ( $1 / 2$ legumes) <br> B 0031 <br> Corn ( $1 / 2$ starchy) <br> B 0034 <br> Orange Wedges (1/2 C Fruit) <br> F 0020 <br> Choice of Milk | Macaroni and Cheese with Chicken Nuggets E 0043L <br> Broccoli ( $1 / 2$ c Green) B 0020 <br> Sweet Potato Crínkle Fries (1/2c Red) <br> B 0043 <br> Pears(ss) ( $1 / 2$ cup fruit) F 0029 <br> Choice of Milk | Homemade Cheese Pizza Homemade Pepperoni Pizza E 0131L/E 0132L <br> Peas \& Carrots ( $1 / 2 \mathrm{c}$ other) B 0011 <br> Carrot Dippers with Ranch (1/2 cup Red) <br> B 0005 <br> Banana ( $1 / 2 \mathrm{c}$ fruit) F 0022 <br> Choice of Milk | Baked Ziti with Meatballs and Garlic bread slice E 0049L / D 0010 <br> Fresh Green Beans ( $1 / 2 \mathrm{c}$ Other) <br> B 0019 <br> Italian Blend Vegetables ( $1 / 2 \mathrm{cotm}$ ) <br> B 0001 <br> Peaches (ss) ( $1 / 2 \mathrm{c}$ fruit) <br> F 0025 <br> Choice of Milk |
| 26 | 27 | 28 | 29 | 30 |
| Hamburger/Cheeseburger E 0094L / E 0090L <br> Shoe string Fries ( $1 / 2 \mathrm{C} \mathrm{starch}$ ) <br> B 0044 <br> Cole Slaw ( $1 / 2 \mathrm{zc}$ other) <br> B 0050 <br> Cool Rips ( $1 / 2$ cup fruit) <br> F 0035/ F 0036/ F 0037 <br> Choice of Milk | Soft Tacos offered with $1 / 2$ cup Cilantro Rice E 0184L \& D 0019 <br> Cuban Black Beans ( $1 / 2 \mathrm{C}$ legumes) <br> B 0013 <br> corn ( $1 / 2$ C Starchy) <br> B 0034 <br> Orange Wedges ( $1 / 2 \mathrm{C}$. fruit) <br> F 0020 <br> Choice of Milk | BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 C Starch) B 0048 Steamed Carrots ( $1 / 2$ red/Orange) B 0008 Strawberry cups (y/2 c fruit) F 0027 Choice of Milk | ```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) F0022 Choice of Milk``` | chicken Parmigiana Sub E 0070L Broccoli ( $1 / 2$ cgreen) B 0020 Sweet Potato Chunks ( $1 / 2 \mathrm{cred}$ ) B 0037 Pears (ss) ( $1 / 2$ c fruit) F 0029 Choice of Milk |
| HS NOTES: <br> Every day we must offer 1 cup of fruit and 1 cup Vegetables for both breakfast and lunch | HS NOTES: |  |  |  |

