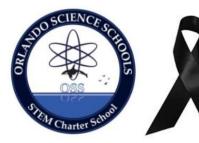
Date: September 16th 2016 Issue: 248



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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."

Principal's Corner

Dear Parents and Guardians,

We would like to take a moment and remember all of the men and women we lost on 9/11/2016. Our hearts and thoughts go out to all the families that lost a loved on this tragic day, OSS observed Patriot Day on September 12th 2016, with classroom activities and lessons.

This week's newsletter is filled with important reminders and exciting information. To be being with "Breakfast with the Principal" will continue next week and run until the end of October, please see page five for more info. On pages six through eight you will find information on the Young Entrepreneurs Scholarship.

OSS is pleased to announce that twenty-two students received a perfect score on their FSA/EOC exams for the 201-5-2016 school year. To see the list of these students please turn to page nine. We are also excited to recognize Hana Y. on her accomplishment on winning a bronze medal and gold certificate in the Congressional Award. Please turn to page ten for more information on this outstanding achievement!

On page eighteen you will find information regarding Science Fair. Saturday September 24th 2016 we will hold our Annual OSS Welcome Picnic, for more information please see page fourteen, don't forget to RSVP. On page twenty one you will find information on ordering tickets for an *Orlando City Soccer* game. Page thirteen provides a few extra announcements and page twenty-two provides details on how you can help OSS win \$10,000! I hope you all have a safe and wonderful weekend and we will see you on Monday!

Sincerely,

Abdulaziz Yalcin

Principal Orlando Science Middle/High School

OSS Upcoming Events

- <u>September 24th 2016:</u> Welcome Picnic
- Monday October 3rd 2016: Picture Re-take Day
- October 13th 2016: End of the 1st Marking Period/Report Cards
- October 14th 2016: Teacher Workday-No School for Students
- October 28th 2016: Teacher Professional Day No School



2010 2017 Report card Dates						
1st Quarter Progress Report Card	Wednesday September 14th-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 CardWednesday, May 31st 2017						
-						
2016-2017 Parent Teacher Conference (PTC) Nights						

2016-2017 Report Card Dates

2016-2017 Parent Teacher Conference (PTC) Nights								
1 st Quarter	Wednesday September 21 st 2016	4:00PM-6:00PM						
2 nd Quarter	Thursday September 22 nd 2016 Wednesday November 30 th 2016	4:30PM-6:30PM 4:00PM-6:00PM						
Z Qualter	Thursday December 1 st 2016	4:30PM-6:30PM						
3 rd Quarter	Wednesday February 15 th 2017 Thursday February 16 th 2017	4:00PM-6:00PM 4:30PM-6:30PM						
4 th Quarter	Wednesday May 3 rd 2017 Thursday May 4 th 2017	4:00PM-6:00PM 4:30PM-6:30PM						

If you have not done so already, please select the link below to sign up for a time slot. Please note some grade levels are currently filled. If this is the case or the time slots provided do not work for your schedule. Please email your student's teachers to sign up for another date and time that works for both you and them.

http://www.signupgenius.com/go/30e0949a9aa23a6f94-201620178



DATE	EVENT(S)
September 12 th 2001	In New York City, the 9/11 Memorial Museum opens to the public
September 13 th 1911	Roald Dahl, writer, best known for his children's books such as <i>James</i> and the Giant Peach is born.
September 14 th 1994	Major League Baseball players strike over a salary cap and other proposed changes, forcing the cancellation of the entire postseason and the World Series.
September 15 th 1961	Dan Marino, American football pro quarterback who led Miami Dolphins to 10 playoffs in his 17-year career and set many NFL passing records is born.
September 16 th 1620	The Pilgrims sail from England on the Mayflower.

If you would like to know more information regarding each of these events, please visit: <u>http://www.historynet.com/</u>

2016-2017 OCPS School Calendar

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

Breakfast with the



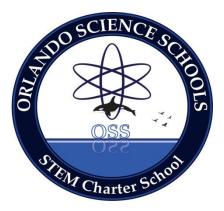
Principal



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







Young Entrepreneurs Academy Scholarship Application

Orlando Science Center is pleased to offer scholarships for qualifying students to participate in a premiere entrepreneur academy for students in middle and high school. Scholarships are awarded based on need and considering the following criteria: proof of financial hardship, student commitment letter, and parent/guardian commitment letter.

Eligibility:

Applicants must currently be enrolled in 6th through 12th grades. All applicants must demonstrate financial need. Both the student and family must commit to the student attending the complete program.

Requirements:

- I. Complete the Young Entrepreneurs Scholarship Application.*
- 2. Letter of commitment written by the student.
- 3. Letter of commitment written by parent/guardian.
- 4. Written documentation proving financial need. Documentation must include a minimum of two documents. Accepted documentation includes: tax returns, participation in free/reduced school lunch program, recent pay stubs, and/or letter from an official social service agency.
- Completed application, letter, and documentation of financial hardship must be submitted to "Orlando Science Center, Young Entrepreneurs Scholarship," 777 E. Princeton St., Orlando, FL 32803 as soon as possible. Limited funds available.
- 6. After program, scholarship recipients must complete the Scholarship Participation Survey regarding the benefits of their experience and scholarship award.

For additional information, contact Reservations at (407) 514-2112 or classes@osc.org.





Founding Investor:

CENTRAL FLORIDA FOUNDATION

Premier Investors:



Jim & Debbie Balaschak

Charter Investors:

The Isaacs Family

Dennis Nolte







Scholarship Application

Student Name:	Date of Birth:	
School Attending:	Current Grade Level:	
Parent /Guardian Name:		
Mailing Address:		
Home Phone:	Cell Phone:	
Work Number	Email	

Please include the following documentation in your application:

Proof of financial hardship (tax returns, participation in free/reduced school lunch program, recent pay stubs, and/or letter from an official social service agency)

Student letter of commitment

□Parent/guardian letter of commitment

Student Signature

Date

Parent/Guardian Signature

Date

Perfect Scores!

We are ecstatic to announce that 22 OSS students received a **Perfect Score** on their FSA/EOC for the 2015-2016 school year. We could not be more proud of their hard work and accomplishments, congratulations to the students below on their outstanding achievement.

Name	2015-16 Grade	Subject
Ahad A.	6	Grade 6 FSA Math
Samhith B.	6	Grade 6 FSA Math
Levi F.	6	Grade 6 FSA English Language Arts
Amitha K.	6	Grade 6 FSA Math
Joshua L.	6	Grade 6 FSA Math
Tanvi R.	6	Grade 6 FSA Math
Samir S.	6	Grade 6 FSA Math
Tien T.	6	Grade 6 FSA Math
Sean W.	6	FSA Algebra 2 EOC
Max G.	6	Grade 5 FSA Math
Jaeyun A.	7	Civics EOC
James K.	7	FSA Geometry EOC
Minh L.	7	FSA Geometry EOC
Peter P.	7	FSA Geometry EOC
Saardhak B.	8	FSA Algebra 2 EOC
Briana M.	8	Grade 8 FSA English Language Arts
Peter P.	8	Grade 8 FSA English Language Arts
Esha R.	8	FSA Algebra 2 EOC
Harshita U.	8	FSA Algebra 2 EOC
Deshaun C.	9	FSA Algebra 2 EOC
Rashaad P.	9	FSA Algebra 2 EOC
Ratnesh K.	10	Grade 8 FSA Science

Hana Y. wins Bronze Medal and Gold Certificate!

	The Congressional Award	
DATE Officers Sense TCON K. BARDR Marguer Networkd Chartware LINENA MITCHELL (Therman Sense Chartman	September 7, 2016	The Congressional Award
o Canana anno 1990 o Canana anno 1990 or Parin Rag anno 1990 Canana anno 1990 C	Hanna Yamaguchi	enacted by Public Law 96-114; legislated as a bipartisan effort in both the Senate and House of Representatives; hereby recognizes
w Siek D BLANSETT, CPA	Dear Hanna:	
apara Generik Mengenerg Ganeg AD Marado Barcher Differ Character CCC CANDIN MC COLL MC CANDIN MC COLL MC CANDIN MC COLL MC CANDIN MC COLL MC C	On behalf of The Congressional Award National Board of Directors, I am pleased to inform you that you have earned the Congressional Award Bronze Medal. Along with the Bronze Medal you have also qualified for the Congressional Award Bronze, Silver and Gold Certificates. We commend your willingness to give of yourself to voluntarily help others in the community and your achievements in personal development, physical fitness.	Hanna Yamaguchi
ON, DEBRIE DINGRE 5. Resentative ITCORLE DRAZIN oppine Capital Advisor WITD PAILS	and expedition.	with this Gold Certificate
M.F. MICE B. COULD Angen, DC LARDY COURN Spind TEVEN HARE: ENQ Man & JORNE AN HIETE *	Your accomplishments in earning a Congressional Award will be recognized with the presentation of a Bronze Medal. You will be contacted regarding the details of this event. Please note that it may take several months to arrange a presentation. Please be patient!	for outstanding contributions to their community and undertaking the values of initiative, service, and achievement
SNI HALL SAN HALL SAN JUGI MAD HICEONI L. Approximation MUES N. HUNNE ENG. * MUES N. HUNNE ENG. * MUES N. HUNNE ENG. * MUES N. HUNNE AND N.	While you are waiting for your Bronze Medal Ceremony, start working toward your Silver Medal. Work with your Advisor to establish new goals or to plan new activities if you are still pursuing your initial goals. You can begin as soon as your Advisor certifies that your goals and activities are personally challenging and meet the program guidelines.	(A)
dend Editory Federal Group 25 (021020) Innet 2016 LASANE ar Distributionment N EDENN 1 (1010)	Congratulations for successfully completing the requirements to earn the Congressional Award Bronze Medal. We are very proud of all you have accomplished!	Parl Ryan Mill Mc Coursel
THE MARGALINO (CHAR AN EDE MARCHIN WEID MARCOM MARGIN NORMAN MARGIN NORMAN MARGIN NORMAN	Sincerely, PLATCE	Majority Leader United States House of Representative Attorney United States Sente Marry Revel
Ann An Columni United Columnia Balance Companyin Columnia	Paxton K. Baker National Board of Directors Chairman	Minority Leader Chairman of the Blard Minority Leader United States House of Representatives Congressional Award Foundation United States Senate
ermentrical Lockenby Presidents SOND VAREPET Insuration Words Part (Second Second Seco		
ION WOOD Remind CHARMADE YORST, PAD ALL *Da Officie		
	379 Feed House Office Building • Washington, DC 20115 • (202) 226-0130 • FAX: (202) 226-0131 www.compressional.org	

We would like to share with you another great achievement from one of our freshman, Hana Yamaguchi. Hana has recently earned Congressional Award Gold Certificate!

Mrs. Akyalcin has been Hanna's sponsor/CMP mentor and she helped Hanna to reach her target goals. Congratulations!

In order to earn this Gold Certificate, Hanna completed 90 - volunteer service hours, 45 - hours personal development target goal, 45 - hours physical fitness target goal, 3 expedition/exploration target goal days.

Hanna is now working on her goals to receive silver and gold medals. Her ultimate goal is to earn the gold medal and attend the ceremony in Washington D. C.

SAT/ACT Dates

achieve more

SAT 1	DATES

Test Date	Normal Registration	Late Registration	Online Score Release
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	Aprl 21 st 2017	May 25 th 2017
Jun 3 rd 2017	May 9 th 2017	May 19 th 2017	Jun 22 nd 2017



ACT DATES									
Test Date	Score Release*								
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.



FALL/WINTER

Take the PSAT

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

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

EXPERT 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 matrix that it



Take SAT Subject Tests in

October, if needed

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

*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. The Princeton Review is not affiliated with Princeton University. PRHSFL1605 49



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

"Education is the movement from darkness to light."

-Allan Bloom

<u>Follow us on Social Media</u>



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 11th-September 17th

Mariam C. Yalisa R. Andres R. Rachel T. Krubel A. Trinity J. Fatima R. Jose M. Jonathan N. Rashaad P. Elena G. Allexis T. Martin G. Anique Z.







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. <u>Second number</u> 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 Week 3: August 31

First Day of Tryouts for Soccer (*Tryouts may NOT be held prior to this date*) Games Begin (Host school's AD <u>MUST</u> report scores to Cluster Rep immediately after games).

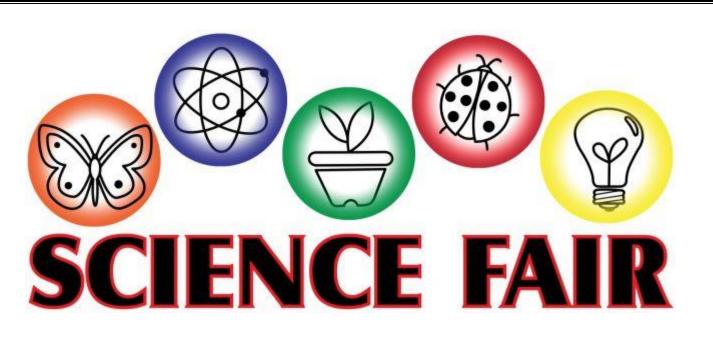
Games: 20-minute halves (Water breaks will take place at the 10 minute mark of each half). Overtime: <u>One</u> five minute Golden Goal Period, followed by Penalty Shots.

Teams with asterisk (*) will play all games AWAY

Cluster	A	Cluster B		C	luster C	Cluster D		Cluster E		Cluster F			
1. Windy Rid	ge	1. Wal	ker		1. Pie	dmont Lakes	1. Maitland	l		1. Jack	son	1. Legacy	
2. Bridgewat	er	2. Wes	tridge		2. Oco	ee	2. Lockhar	t		2. Libe	rty	2. Lake Nona	
3. SunRidge		3. Sout	th Creek		3. Wo	lf Lake	3. Meadow	brook		3. Blan	ikner	3. Corner Lake	
4. Carver		4. Free	dom		4. Rob	oinswood	4. Howard			4. Ody	ssey	4. Avalon	
5. Chain of La	akes	5. Mea	dow Woods		5. Lak	teview	5. Lee			5. Men	ıorial	5. Discover	у
Southwest		6. Hun	ter's Creek		6. Apo	opka	6. Glenridg	e		6. Conway		6. Union Park	
7. Gotha		7. Pine	Pinecrest Prep. Acad.*		7. Orl	. Sci. (Boys)*	7. Ren. Charter Chickasaw*		w*	7. Passport (Boys) *		7. Arbor Ridge *	
					8. CFLA Aca	ademy*				8. Wedgefi	eld		
Aug. 31	Ser	pt. 1	Sept. 7	Sej	ot. 8	Sept. 14	Sept. 15	Sept. 21	Se	pt. 22	Sept. 26	Sept. 28	Sept. 29
Wed.	Th	urs.	Wed.	Th	urs.	Wed.	Thurs.	Wed.	Tl	nurs.	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) October 3 (Mon.) Round 2 (16 Teams) Quarter Finals (8 Teams) October 5 (Wed.) October 10 (Mon.) Semi-Final (4 Teams) October 12 (Wed.) Championship (2 Teams) October 17 (Mon.)



Orlando Science Schools' 8th Annual Science Fair!

Science fair is a great way for students to explore any interest they have in science. Be it a Engineering Design, a Psychological Study, or a classic Research Experiment. Students are encouraged to expand their creativity to solve a problem in society. Forms can be found on our school site, and through the science teachers' OSS connect. This year Orlando Science has the following changes:

Science fair is mandatory for the following grades, regardless of the courses they are in:

- **O** 6th **0** 7th
- **O** 11th
- **O** 12th

All other grades are to be doing history fair. We do not wish to tax the students with both science fair and history fair.

Additionally our school science fair will be pushed back to January! This will allow students not only Thanksgiving Break to work on it, but also Winter Break to finalize a perfect project.

Some important dates to note:

September 23rd, the research plan is due. After this deadline, students will be prohibited from changing their experiments to something that involves surveys/people, biological hazards, or a vertebrate studies. The forms will be due a week later. Please get started on those! October 17th, experimentation will begin upon approval. January 6th, class presentations.

January 18th, The School Science Fair!

If you have any questions please email Mr. Stampas at Stampas@orlandoscience.org





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 have taken place on Sunday September 11th 2016. 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



To kick off the new school year, Orlando City would like to reward all students in Central Florida with a complimentary ticket to our final regular season match in Camping World Stadium*



ORLANDO CITY VS DC UNITED SUNDAY, OCTOBER 23RD | 4:00PM | CAMPING WORLD STADIUM

The City Student program has been set up to help offer education incentive for our community's youth. You may purchase additional Terrace or Plaza End tickets for \$30. Each City Student must be accompanied by a paying adult. Orders will be assigned seat locations on a first-come first-served basis. Subject to availability. **The deadline for ordering tickets is Wednesday, October 12th.** All sales are final, no refunds or exchanges. Tickets will be emailed to the address below at least seven days prior to the game. Please submit orders together if you wish to be seated together. *All forms must include a paying adult ticket. Please refer questions to citystudent@orlandocitysc.com

TICKETS 1	City Stud Addition	ent Ticket al Tickets @ \$3	= 30 =		otal Free	
NAME:				PHON	VE (Required): _	
EMAIL (Req	uired):					*ALL TICKETS WILL BE SENT VIA E-MAIL
ADDRESS:	· · · · · · · · · · · · · · · · · · ·					
CITY:					STATE:	ZIP:
PAYMENT	TYPE: CH	IECK#	(/	MAKE Cł	ECKS PAYABLE	TO ORLANDO CITY SOCCER CLUB)
VISA	мс	AMEX D	ISC 🗌	CARD #	:	EXP:
SIGNATUR	E:					
						WEDNESDAY, OCTOBER 12TH h Street, Suite 510 32801



Labels for Education is running a new Sweepstakes for schools. www.grandstandforschools.com

It runs from <u>August 1st thru October 31st</u>.

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.

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

September Lunch Menu Lunch Menu

Monday		reen Vegetable, Legume	Thursday	Faiders
	Tuesday	Wednesday	Thursday	Friday
Assorted Cereal Cups, bars,	Assorted Yogurt with	Bagel with Cream Cheese (2	Assorted Cereal Cups, bars, and	Assorted Pop-tarts v
and Bowls offer with toast (2	Cinnamon Granola Pack (2	Grain)	Bowls offer with toast (2 Grain)	Cheese Stick (1 pack for
Grain)	grain,)	100% Orange Juice ½ cup		and MS).
	100% Apple Juice (½ cup	fruit)	100 % Apple Juice (½ cup fruit)	Assorted Pop-tarts(2p
100% Orange Juice (½ cup	fruit)	Banana (½ cup fruit)	Oranges (½ cup fruit)	HS)
				· · · ·
fruit)	Diced Pear Cups (½ Cup	Choice of Milk	Choice of Milk	(2 Grain)
Applesauce Cup (½ cup	fruit)			Assorted Juice (½ cup f
fruit)	Choice of Milk			Whole Assorted Apple
Choice of Milk				cup fruit)
				Choice of Milk
5	6	7	8	9
2	Soft Tacos offered	BBQ Rib Sandwich	Homemade Cheese Pizza	Chicken Parmigiana Su
	with ½ cup Cilantro Rice	E 0224L	E 0131L	E 0070L
HOLIDAY NO SCHOOL	E 0184L & D 0019	Deli Roasted Potato(1/2 c	Homemade Pepperoni Pizza	Broccoli (1/2 c green)
HOLDAT NO SCHOOL	Cuban Black Beans (1/2 c	Starch)	E 0132L	B 0020
		B 0048		
	legumes)		Fresh Green Beans (1/2 C Other)	Sweet Potato Chunks (1/2)
	B 0013	Steamed Carrots (1/2	B 0019	B 0037
	Corn (1/2 c Starchy)	red/Orange)	Seasoned Cauliflower (1/2 c other)	Pears (ss) (½ c fruit)
	B 0034	B 0008	B 0015	
	Orange Wedges (½ c. fruit)	Strawberry cups (½ c fruit)	Banana (1/2 c fruit)	F 0029
	F 0020	F 0027	F 0022	
	Choice of Milk		Choice of Milk	Choice of Milk
	1	Choice of Milk		
	L			
12	13	14	15	16
Breaded Chicken Leg Basket (complete meal)	Chicken and Cheese Quesadilla offer 1/4c Cilantro Lime Rice	Popcorn Chicken Bowl Offer 1 dinner roll if served together it's a	Taco Salad offer with Corn Tortilla Chips (Complete Meal)	Chicken Florentine past With Garlic bread slice
E 0194L	E 0229L & D 0018	complete meal	E 0199L	E 0227L
		E 0111L	E 0199L Mixed Fruit (ss) (½ fruit)	
Cole Slaw (1/2c other)	Steamed Carrots (1/2	Corn (1/2 c Starchy)	F 0031	Italian Blend Vegetable (3
B 0050	red/Orange)	B 0034		other)
Apple Juice (3/4 cup)	B 0048	Banana (½ c fruit)	Choice of Milk	B 0002
F 0013	Cuban Black Bean ½ legumes	Frozen Strawberry Cups (1/2 c fruit)		Pineapple Tidbits (C) (1/2
Choice of Milk	B 0031	Frozen Strawberry Cups (1/2 c fruit) F 0027		F 0034
	Peaches (ss) (1/2 c Fruit)			Choice of Milk
	F 0025	Choice of Milk		
	Choice of Milk			
19	20	21	22	23
Breaded Chicken Leg Basket	Soft Tacos with ½ cup Cilantro	Macaroni and Cheese with	Homemade Cheese Pizza	Baked Ziti with Meatballs
(complete meal)	Rice	Chicken Nuggets	Homemade Pepperoni Pizza	Garlic bread Slice
E 0195L	E 0184L & D 0018	E 0043L	E 0131L / E 0132L	E 0049L / D 0010
ends elses to be stable	Cuban Black Beans (1/2 legumes)	Broccoli (1/2 c Green)	Peas & Carrots (1/2 c other)	Fresh Green Beans (1/2c O
Cole Slaw (1/2c other)	Cuban black beans (72 leguines)			
Cole Slaw (1/2c other) B 0050	B 0031	B 0020	B 0011	B 0019
			B 0011 Carrot Dippers with Ranch (1/2 cup	B 0019
B 0050	B 0031	B 0020		B 0019
B 0050 Orange Juice (3/4 cup)	B 0031 Corn (½ starchy) B 0034	B 0020 Sweet Potato Crínkle Fries (1/2c Red)	Carrot Dippers with Ranch (1/2 cup Red)	B 0019 Italian Blend Vegetables (1/2 B 0001
B 0050 Orange Juice (3/4 cup) F0014	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit)	B 0020 Sweet Potato Crínkle Fries (1/2c Red) B 0043	Carrot Dippers with Ranch (1/2 cup Red) B 0005	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (½ c fruit
B 0050 Orange Juice (3/4 cup)	B 0031 Corn (½ starchy) B 0034	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit)	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit)	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (½ c fruit F 0025
B 0050 Orange Juice (3/4 cup) F0014	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banaa (½ c fruit) F 0022	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (½ c fruit
B 0050 Orange Juice (3/4 cup) F0014	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit)	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit)	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit)	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (½ c fruit F 0025
B 0050 Orange Juice (3/4 cup) F0014	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banaa (½ c fruit) F 0022	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (½ c fruit F 0025
B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u>	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 <u>Choice of Milk</u>	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 <u>Choice of Milk</u>	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit) F 0022 <u>Choice of Milk</u>	B 0019 Italian Blend Vegetables _{(1/2} B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30
B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u> 26	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 Choice of Milk 27	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 <u>Choice of Milk</u> 28	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (%c fruit) F 0022 <u>Choice of Milk</u> 29	B 0019 Italian Blend Vegetables _{(2/2} B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30
B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u> 26 Hamburger/Cheeseburger	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 Choice of Milk 27 Soft Tacos offered	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 <u>Choice of Milk</u> 28 BBQ Rib Sandwich	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit) F 0022 <u>Choice of Milk</u> 29 Homemade Cheese Pizza E 0131L	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L
B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u> 26 Hamburger/Cheeseburger E 0094L / E 0090L	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 Choice of Milk 27 Soft Tacos offered with ½ cup Cilantro Rice E 0184L & D 0019	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 <u>Choice of Milk</u> 28 BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banaa (½ c fruit) F 0022 <u>Choice of Milk</u> 29 Homemade Cheese Pizza	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L
B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u> 26 Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 Choice of Milk 27 Soft Tacos offered with ½ cup cilantro Rice E 0184L & D 0019 Cuban Black Beans (1/2 c	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(s) (½ cup fruit) F 0029 <u>Choice of Milk</u> 28 BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c Starch)	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 Homemade Cheese Pizza E 0131L Homemade Pepperoni Pizza E 0132L	B 0019 Italian Blend Vegetables(w2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020
B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u> 26 Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other)	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 Choice of Milk 27 Soft Tacos offered with ½ cup Cilantro Rice E 0184L & D 0019 Cuban Black Beans (1/2 c legumes)	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (1/5 cup fruit) F 0029 <u>Choice of Milk</u> 28 BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c Starch) B 0048	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit) F 0022 <u>Choice of Milk</u> 29 Homemade Cheese Pizza E 01311 Homemade Pepperoni Pizza E 01321 Fresh Green Beans (1/2 C Other)	B 0019 Italian Blend Vegetables(µ27 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana St E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2
B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other) B 0050	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 Choice of Milk 227 Soft Tacos offered with ½ cup Clantro Rice E 0184L & D 0019 Cuban Black Beans (1/2 c legumes) B 0013	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 <u>Choice of Milk</u> 28 BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c Starch) B 0048 Steamed Carrots (1/2	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit) F 0022 Choice of Milk 29 Homemade Cheese Pizza E 01311 Homemade Pepperoni Pizza E 01321 Fresh Green Beans (1/2 C Other) B 0019	B 0019 Italian Blend Vegetables (1/2 B 0001 Peaches (ss) (1/2 c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana 5u E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2) B 0037
B 0050 Orange Juice (3/4 cup) F0014 <u>Choice of Milk</u> 26 Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other) B 0050 Cool Rips (1/2 cup fruit)	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 Choice of Milk 27 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 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (1/5 cup fruit) F 0029 <u>Choice of Milk</u> 28 BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c Starch) B 0048	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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 0019 Italian Blend Vegetables(µ/2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2)
B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other) B 0050	B 0031 Corn (½ starchy) B 0034 Orange Wedges (½ C Fruit) F 0020 Choice of Milk 27 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	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (1/5 cup fruit) F 0029 <u>Choice of Milk</u> 28 BBQ Rib Sandwich E 0224L Deli Roasted Potato(1/2 c Starch) B 0048 Steamed Carrots (1/2 red/Orange) B 0008	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (½ c fruit) F 0022 <u>Choice of Milk</u> 29 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	B 0019 Italian Blend Vegetables (1/2) B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2) B 0037 Pears (ss) (½ c fruit)
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B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other) B 0050 Cool Rips (1/2 cup fruit) F 0035/ F 0036/ F 0037	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 <u>Choice of Milk</u> 27 Soft Tacos offered with % 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 (% c. fruit) F 0020	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 <u>Choice of Milk</u> 28 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)	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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) Banana (1/2 c fruit) F 0022	B 0019 Italian Blend Vegetables(1/2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2) B 0037 Pears (ss) (½ c fruit) F 0029
B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk Hamburger/Cheeseburger E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other) B 0050 Cool Rips (1/2 cup fruit) F 0035/ F 0036/ F 0037	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 <u>Choice of Milk</u> 27 Soft Tacos offered with % 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 (% c. fruit) F 0020	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 Choice of Milk 28 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	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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) Banana (1/2 c fruit) F 0022	B 0019 Italian Blend Vegetables (w2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2 B 0037 Pears (ss) (½ c fruit) F 0029
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B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk Choice of Milk B 0050 Colo Rips (1/2 cutarch) B 0050 Colo	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 <u>Choice of Milk</u> 27 Soft Tacos offered with % 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 (% c. fruit) F 0020	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 Choice of Milk 28 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	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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) Banana (1/2 c fruit) F 0022	B 0019 Italian Blend Vegetables(1/2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2) B 0037 Pears (ss) (½ c fruit) F 0029
B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk E0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other) B 0050 Cool Rips (1/2 cup fruit) F 0035/ F 0036/ F 0037 Choice of Milk HS NOTES: Every day we must offer 1 cup of	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 <u>Choice of Milk</u> 27 Soft Tacos offered with % 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 (% c. fruit) F 0020 <u>Choice of Milk</u>	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 Choice of Milk 28 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	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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) Banana (1/2 c fruit) F 0022	B 0019 Italian Blend Vegetables (w2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2 B 0037 Pears (ss) (½ c fruit) F 0029
B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c starch) B 0050 Cool Rips (1/2 cup fruit) F 0035/ F 0036/ F 0037 Choice of Milk HS NOTES: Every day we must offer 1 cup of fruit and 1 cup Vegetables for	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 <u>Choice of Milk</u> 27 Soft Tacos offered with % 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 (% c. fruit) F 0020 <u>Choice of Milk</u>	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 Choice of Milk 28 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	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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) Banana (1/2 c fruit) F 0022	B 0019 Italian Blend Vegetables (w2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2 B 0037 Pears (ss) (½ c fruit) F 0029
B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk E0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c other) B 0050 Cool Rips (1/2 cup fruit) F 0035/ F 0036/ F 0037 Choice of Milk HS NOTES: Every day we must offer 1 cup of	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 <u>Choice of Milk</u> 27 Soft Tacos offered with % 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 (% c. fruit) F 0020 <u>Choice of Milk</u>	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 Choice of Milk 28 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	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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) Banana (1/2 c fruit) F 0022	B 0019 Italian Blend Vegetables (w2 B 0001 Peaches (ss) (½ c fruit F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2 B 0037 Pears (ss) (½ c fruit) F 0029
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B 0050 Orange Juice (3/4 cup) F0014 Choice of Milk Choice of Milk E 0094L / E 0090L Shoe String Fries (1/2 c starch) B 0044 Cole Slaw (1/2 c starch) B 0050 Cool Rips (1/2 cup fruit) F 0035/ F 0036/ F 0037 Choice of Milk HS NOTES: Every day we must offer 1 cup of fruit and 1 cup Vegetables for	B 0031 Corn (1% starchy) B 0034 Orange Wedges (% C Fruit) F 0020 <u>Choice of Milk</u> 27 Soft Tacos offered with % 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 (% c. fruit) F 0020 <u>Choice of Milk</u>	B 0020 Sweet Potato Crinkle Fries (1/2c Red) B 0043 Pears(ss) (½ cup fruit) F 0029 Choice of Milk 28 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	Carrot Dippers with Ranch (1/2 cup Red) B 0005 Banana (% c fruit) F 0022 <u>Choice of Milk</u> 29 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) Banana (1/2 c fruit) F 0022	B 0019 Italian Blend Vegetables(1/2) B 0001 Peaches (ss) (½ c fruit) F 0025 <u>Choice of Milk</u> 30 Chicken Parmigiana Su E 0070L Broccoli (1/2 c green) B 0020 Sweet Potato Chunks (1/2) B 0037 Pears (ss) (½ c fruit) F 0029