



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

Principal's Corner	1
Upcoming Events	2
This Week in History	3
OCPS School Calendar	4
Assessment Calendar	5
Teacher of the Month	6
Extra, Extra	7
Ying Science Fair Winners	8
Science Olympiad Fundraiser	9
Give Back to Schools	10
Basketball	11
Yearbook Orders	12
Additions	13-14
Uniform Sale	15
EBRU Marbling Night	16
Taekwondo Club	17
VANS Custom Culture 2016	18
High school Program	19
Lunch Menu	20

Principal's Corner

Dear Parents and Guardians,

I hope everyone had a safe and holiday weekend. We have two wonderful events happening tomorrow that you will not want to miss out on. Our first event is our Ebru (marbling) Night out beginning at 5pm. This is a great event to bring the entire family too, more information is listed on page sixteen. Our other event is our Science Olympiad fundraiser being held at *Giraffas*, we invite you out to this fantastic event to support our school! You may find information on this event located on page nine.

We would also like to congratulate all of our students who took home a Ying Science Fair Award. A list of these students is located on page eight. We are completely ecstatic and proud of your accomplishments.

The deadline for applying for High School Programs is tomorrow February 19th 2016. Please see page nineteen for more information.

As our FSAs being to approach we recommend that you look over page five for a detailed calendar of these assessments.

Yearbooks are still on sale, the deadline for purchase is April 8th. There will be a price increase after February 26th 2016. Please see page twelve for more details.

Our Vans Custom Culture meeting will be held on March 1st 2016 afterschool in the media center until 3:15pm. If your students are interested in this event please contact or see Ms. Smith for more details! This event is open to high school students only.

Congratulations to our January Teacher of the Month, Mr. Novak! Please see page six for a brief summary regarding all of his hard work.

Tomorrow is the last day to turn in your student's re-enrollment forms for the 2016-2017 school year. Failure to return this form will forfeit your student's spot for the 2016-2017 school year. Please contact Ms. Palmer with any questions.

Sincerely,
Abdulaziz Yalcin
Principal

"Believe in yourself, and you can do unbelievable things"
-Unknown

OSS Upcoming Events

February 19th 2016: Ebru Marbling Night Out beginning at 5pm
February 19th 2016: High School Programs Application Deadline
February 19th 2016: Last Day to turn in 2016-2017 Re-enrollment forms
February 19th 2016: Science Olympiad Fundraising Event at Giraffas
February 20th 2016: Saturday Leadership Academy Studies
February 23rd 2016: OSS Basketball vs. Glenridge
February 24th 2016: OSS Basketball vs. CFLA
February 24th-25th 2016: STEM Day at the Capitol
February 26-28th 2016: Model UN Flagship Conference
February 27 2016: Mu Alpha Theta States
February 29th-March 11th 2016: FSA English Language Arts Writing
 Component Grades 6-10

2015-2016 Progress Report/Report Card Dates

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

2015-2016 Parent Teacher Conference (PTC) Days

1st Quarter	Wednesday, October 7 th , 2015	4:00PM - 6:00PM
	Thursday, October 8 th , 2015	4:30PM - 6:30PM
2nd Quarter	Tuesday, December 15th, 2015	4:30PM - 6:30PM
	Thursday, December 17th, 2015	4:30PM - 6:30PM
3rd Quarter	Wednesday, March 2 nd , 2016	4:00PM - 6:00PM
	Thursday, March 3 rd , 2016	4:30PM - 6:30PM
4th Quarter	Wednesday, May 11 th , 2016	4:00PM - 6:00PM
	Thursday, May 12 th , 2016	4:30PM - 6:30PM

I will send out an email prior to each of these dates to book appointments

This Week In History...



DATE	EVENT(S)
February 15 th 1965	Canada's maple leaf flag is raised for the first time.
February 16 th 1957	A U.S. flag flies over an outpost in Wilkes Land, Antarctica.
February 17 th 1955	Britain announces its ability to make hydrogen bombs.
February 18 th 1972	The California Supreme Court voids the death penalty.
February 19 th 1902	Smallpox vaccination becomes obligatory in France.

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

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

Orange County Public Schools: 2015-2016 School Calendar

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

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

Teacher of the Month

Joseph Novak



Mr. Novak interacts in a positive manner to promote, and support student learning. He works tirelessly with a positive work ethic and extreme devotion. Under his guidance and expertise in the classroom students flourish and grow. He always goes the extra mile to involve himself in school activities and provide support for his department.

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>



OSS FACEBOOK

Orlando Science Middle/High School is now on its new Facebook page. Due to the events and activities, our middle/high school page has moved to www.facebook.com/orlandoscience

Please like us! You may also visit and follow the recent events and activities that are happening at the school on our new Facebook page.



Saturday Leader Academy Studies

Saturday Leadership Academy Studies will resume Saturday February 20th
2016!



Our last Science Olympiad Giraffas event was such a great time, let's do it again!
Please come out and enjoy fantastic food with some pretty fantastic people and support Science Olympiad OSS State teams! OSS Middle School has two teams going to the state tournament and OSS high school has one!

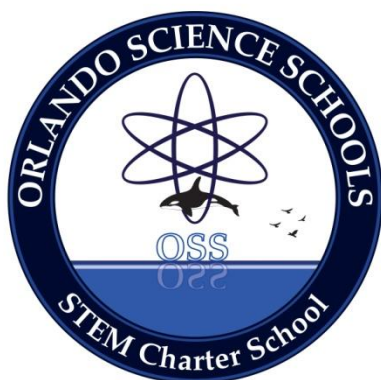
Join us this Friday evening February 19th 2016 at Giraffas Brazilian Grill, anytime between 5pm and 10pm for our teams' fundraiser. Just tell the cashier that you are with our school and the teams will receive proceeds from sales to help pay some of the Science Olympiad expenses!

Visit their web-site to peek at the menu: <http://giraffas.com/menu-gallery/>

When: Friday February 19th 2016 from 5pm to 10pm

Where: Giraffas Brazilian Grill

(Mills Park, 1430 North Mills Ave, Orlando FL 32803)



Buying items from Office Depot or Office Max or Amazon?

Parents please mention Orlando Science Middle and High, or school ID: 70218341, when shopping at Office Depot or Office Max. The school will receive 5% back in credit for supplies. We appreciate all your support!"



**THE IMPACT
YOU CAN MAKE
IS IMMEASURABLE**

Your school will receive 5% back in credit for FREE supplies when you make a purchase of qualifying products and provide your school ID at checkout.
It's a small act that can make a huge difference.

SCHOOL NAME
SCHOOL ID

Pre-K-12th grade only. Not available in Puerto Rico or the U.S. Virgin Islands. 5% of qualifying purchases made during each program period will be offered quarterly as an Office Depot®/OfficeMax® Merchandise Certificate to the participating school (designated by each customer up to a total of \$10 million). Products that do not qualify are: technology and consumer electronic products and accessories, media and software that is not education or reference related, furniture and furniture accessories, ink and toner, gift and prepaid cards, postage stamps, purchases from Copy & Print Depot™ and OfficeMax Services Center, and purchases made to contract/business accounts. Credits are not available to schools with less than \$10 in failed credits. Unaccepted/declined credits are void. Visit officedepot.com/giveits for details.

amazonsmile
You shop. Amazon gives.

**New Amazon
Program Enables
Shoppers to Easily
Donate to Their
Favorite Nonprofits**

Link for Amazon Smile :)

<https://www.orlandoscience.org/home-1/front-page/support-orlando-science>

OSS Basketball

Please come out and support our OSS Basketball Team

Thr 1/28 vs Howard

Tues 2/2 vs Maitland

Tues 2/9 vs Lee

Thr 2/11 vs Meadowbrook

Thr 2/18 vs Lockhart

Tues 2/23 vs Glenridge

Thr 2/24 vs CFLA (location TBD)

*All away games, game times 4:45 pm



ORLANDO SCIENCE SCHOOL YEARBOOKS FOR SALE

Purchase your 2016 yearbook today!

Early Order Discount- \$30.00

January 11th-February 26th

Standard Order Window- \$35.00

Beginning February 27th- March 25th

Final Order Window- \$40.00

March 26th- April 8th

NO EXTRA COPIES WILL BE AVAILABLE AFTER APRIL 8TH

Distribution - last week of school

LIMITED SUPPLY

Students can now purchase their 2016 school yearbook. Students were given an order form in their homeroom. Order forms are placed on the front table when you walk into OSS. If you plan on ordering a 2016 yearbook, please attach the order form with your payment. You may pay using exact cash, money order, or check. All checks should be made out to Orlando Science School. Students should hand in their order form with their name, in an envelope, to the front desk before or after school only. Please be aware of the order windows, as prices will increase as the year progresses. The ultimate last chance to buy a yearbook is on April 8th, 2016. Once we figure out all the details for the Ads, such as costs and the process, we will let everyone know as soon as possible!

Thanks so much!

Ms Carhart

Carhart@orlandoscience.org

Feel free to contact me with any questions or concerns.



Dear Volunteer,

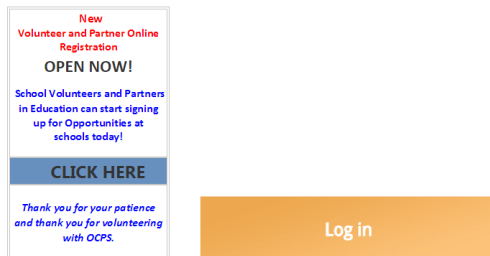
On behalf of Orlando Science School, we would like to thank you for inquiring about volunteering at the Orlando Science Schools! Our mission is to lead our students to success with the support and involvement of families and the community. Volunteers play a huge role in supporting students, teachers, and schools.

We are excited to invite you to the **new, interactive Volunteer Management System**, which allows volunteers to sign up or renew accounts, and select their preferred volunteer service opportunity.

If you haven't already, refer to the attached Sign Up Steps sheet to reactivate or create your ADDitions Volunteer Account for the 2015-2016 school year.

Once your account is Activated/Approved, you may search and request to participate in Opportunities at Orlando Science Schools by following the steps below:

4. Log on to your ADDitions account: www.volunteers.ocps.net



1. Click "Search Opportunities" at the top of your account Dashboard

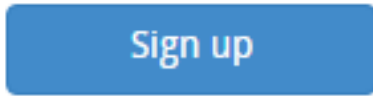
Edit Profile **Search Opportunities** My Placements View Calendar

2. Select "Volunteers"
3. Enter the name of the school at which you are interested in volunteering and click "Search"

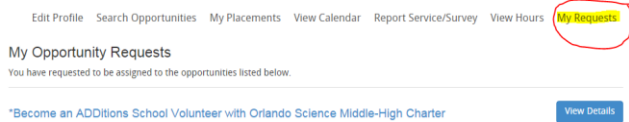
Search By Schools

eg: Apopka Elementary

5. A list of available volunteer opportunities will appear. If you see one you would like to volunteer for, click “View Details.”
6. Review the tabs for the opportunity for additional information then click “Sign Up”

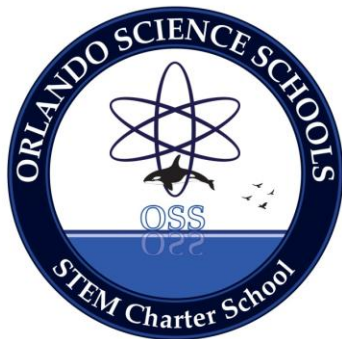


7. ****IMPORTANT**** By clicking “Sign Up” for an opportunity, **you are not automatically approved** to volunteer for that event. You have been *REFERED* to that event and will be able to see that you have requested to participate from the “My Requests” section found at the top of your Dashboard.



- a. Once your account has been reviewed and you have been approved to volunteer for an opportunity, you will be *PLACED* in that opportunity and will be able to see it in your “My Placements” section at the top of your Dashboard.
 - b. As long as the opportunity is showing up in your “My Placements,” you are authorized to volunteer for that event.
8. When you arrive at the school to volunteer for your approved opportunity, please check in at the front office to receive further instructions.

Thank you for your support!



ART NIGHT OUT: Ebru (Paper Marbling) Art

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

Marbling is very old and traditional Turkish art.

This technique makes you feel power of creativity by catching the mystery both conflicts and harmony of your own will power of water and paint.

At the same time it provides you to live it by relaxing while you are taking a great pleasure with this event.

Ebru(marbling) Club invites Oss parents to do Ebru on February 19th.

At this night all parents will be able to create their own amazing Ebru Art at 6 different stations. We will also have a performance from Folk dance club members. Some refreshments will be served as well.

Please come and join us to HAVE FUN.

When:

Tomorrow February 19th, 2016 from 5 pm to 7 pm.

Please RSVP to Mrs. Aksu no later than February 16th 2016 at Yildiz.Aksu@orlandoscience.org

School Uniform Sale Off!

50% off

Orlando Science Uniforms at

All Uniform Wear

Hurry in for the best selection!

- Discount applies to merchandise that already has your school logo on it. Any item that does not already have your school logo on it and would need to be embroidered is regular price.
- No Special Orders
- All sales are final. No returns or exchanges.

TAEKWONDO CLUB

OSS Taekwondo Club is proud to announce that we are accepting new students for this semester. Please stop by at class on Wednesdays from 2-3pm for more information!

The classes will be taught by Master(s) with many years of experience. The curriculum has been implemented in many colleges. The program will meet every Wednesday for an hour with an opportunity of earning belt(s) when they are ready. Testing, uniform and equipment fees may apply please see instructors during this club time for more details and information.

First Semester Accomplishments:

OSS held their first Taekwondo Club Belt Ceremony on January 20th 2016. Some of our students took their 1st test on Wednesday December 12, 2015, which consisted of a short essay of the Taekwondo History, and they also were tested on Korean language, as well as performing different hand techniques, foot movements and their first form.

The Belt Ceremony is where they were promoted to their first yellow tip, this event was held in the gymnasium during club time.

The event was officiated by Grand Masters Chang M Pagan Park & Layla Abugherir Pagan sponsored by Oriental Sports Academy & Orlando Science School. The certificates and belts were given by our principal Mr. Yalcin, our school Dean Mr. Murphy & our curriculum coordinator Mr. Han.

The club is accepting new students for this semester. Please stop by a class on Wednesdays from 2-3pm for more information!



OSS is proud to announce that we will be participating in the following event!



VANS CUSTOM CULTURE 2016

- 1** **JAN 4-FEB 12**
REGISTRATION BEGINS
 - Open to certified national high schools (public or private).
 - Must be registered by a teacher or an authorized school administrator.
- 2** **FEB 22-FEB 26**
BLANK SHOES SENT OUT
 - A pairs of blank white Vans (Slip On, Authentics, Sk8-His and 106s) will be sent to your school.
 - Customize your shoes around 4 themes (art, music, action sports and local flavor). Note all shoes and all themes must be represented.
 - Note your design cannot contain any copyright infringement, including logos, bands, and celebrity likeness.
- 3** **FEB 29-APRIL 8**
SUBMISSIONS
 - Keep visuals from your design process, as these may be used at the Final Event.
 - Take a photo of each individual pair of shoes, as well as a group shot of your shoes. Make sure these are clear photos and showcase all aspects of your design. Collages of your shoes will be accepted, however DO NOT include your school's name or the theme the shoes represent.
 - An optional 1-2 minute video may be included with your submission.
 - Upload your images to vans.com/customculture.
- 4** **APRIL 11-15**
TOP 50 VOTING (INTERNAL VOTE)
 - Our internal team will narrow down the submissions to the Top 50, giving a rank to each submission.
 - The Top 10 schools from each region will be available for a public vote.
- 5** **APRIL 27-MAY 11**
PUBLIC VOTING
 - The Top 10 schools from each region will begin campaigning for votes.
 - The Top 5 Finalists, determined by internal vote and public vote, will be announced on May 12. These schools will be invited to join us for our final event in June to select the Grand Prize winner.
- 6** **SECOND WEEK OF JUNE, 2016**
FINAL EVENT
 - Schools will be invited to celebrate their designs and participate in various activities, including our Final Event.

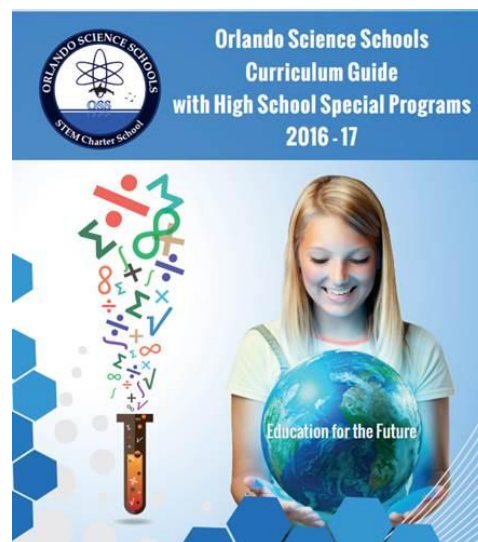
If you are interested in this event, please see Ms. Smith.

Dear Parents and 8th Grade Students,
Orlando Science Schools are committed providing you an excellent educational experience. Orlando Science Curriculum Guide with High School Special Programs have released and introduced to our parents and students recently. Our curriculum guide is one of the best resources for you and your child to review the variety of special programs and the specialized courses that OSS offers. The application link is available at <https://www.orlandoscience.org/home-1/front-page/high-school-special-programs-2016>. Please read the High School Curriculum Guide with your child for detailed information before completing the application form. Our Curriculum and Guidance Department will be contacting you for 2016-17 student schedules and will be glad to answer your questions.

A well-rounded education is available to your child at Orlando Science Schools. Our staff is here to help and guide you as you make your decisions about high school and future post-secondary education and career. Please do not hesitate to contact us should you have any questions.

The Deadlines:

- ❖ Monday, February 1st 2016
Application Forms Released at 9:00pm
- ❖ Friday, February 19th 2016
Application Deadline
(Programs GPA Requirements will be based on 3rd Quarter Progress Report)
- ❖ Friday, February 26th 2016
Application results will be announced



Lunch Menu

CHARTER HOT School Menu

February MENU Lunch Fresh Fruit, Red/Orange Vegetable, Dark Green Vegetable, Legume

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cereal Cups, bars, and Bowls offer w toast (2 grain) Applesauce cups (1/2 fruit) <u>Choice of Milk</u>	Strawberry and Cream Parfait with Cinnamon Granola Pack (2 grain/1/2fruit)-3 Items Apple Juice (HS) <u>Choice of Milk</u>	Bagel with Cream Cheese (2 grain) Mixed Fruit (1/2 fruit) <u>Choice of Milk</u>	Assorted Cereal Cups, bars, and Bowls offer with toast (2 grain) Apple Juice (1/2 fruit) <u>Choice of Milk</u>	Assorted Pop-tarts (2 pack) Diced Pears (1/2 Fruit) <u>Choice of Milk</u>
1	2	3	4	5
Bean and Cheese Enchilada Charro Pinto Beans (1/2 legumes) Corn (1/2 starchy) Whole Assorted Apples (1/2 fruit) <u>Choice of Milk</u>	Grilled Chicken Salad w/ flatbread (2M, 2G, 1 c. other veg., 1/2 c. red)- (complete meal with G, M/MA, and Vegetables Mixed Fruit (C) (1/2 fruit) <u>Choice of Milk</u>	Chicken Parm with Penne Pasta (V)(2G,2M) Broccoli (3/4 green) Cool Rips (1/2 fruit) <u>Choice of Milk</u>	Chicken Alfredo with Garlic Bread (3G,2M) Sweet Potato Chunks (3/4 c Red) Sliced Apples (1/2 fruit) <u>Choice of Milk</u>	BBQ Chicken Pizza (2M, 2G) California Blend Vegetables (3/4c other) Grapes (1/2c) Pears (1/2c Fruit) <u>Choice of Milk</u>
8	9	10	11	12
Breaded Chicken Leg with large Biscuit (2m/ma, 2g) Glossed Carrots (3/4 c Red/Orange) Side Kicks (1/2 fruit) <u>Choice of Milk</u>	Chicken and Cheese Quesadilla Cuban Black Beans (1/2 legumes) Corn (1/2 starchy) Mixed Fruit (SS) (1/2 fruit) <u>Choice of Milk</u>	Meatball Sub (2m/ma, 2g) Broccoli (3/4c Green) Diced Pears(SS) (1/2 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) (1/2 fruit) <u>Choice of Milk</u>	Mac and Cheese with Dinner Roll (2G/2M) Peas and Carrots (3/4c other) Assorted Juice <u>Choice of Milk</u>
15	16	17	18	19
Holiday	Chicken Taco with Salsa Verde (Green Sauce)(2G/2M) Charro Pinto Beans (1/2 legumes) Corn (1/2 starchy) Apple Slices (1/2c) <u>Choice of Milk</u>	Chicken Nuggets w/ Mac and Cheese (3M, 2G) Glossed Carrots (3/4c red) Grapes (1/2c) Pears (1/2c Fruit) <u>Choice of Milk</u>	Homemade Cheese Pizza(2M, 2G,V) or Homemade Pepperoni Pizza (2M,2G) Cauliflower (3/4c Other) Orange Wedges (1/2 fruit) <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>
22	23	24	25	26
Bean and Cheese Enchilada Charro Pinto Beans (1/2 legumes) Corn (1/2 starchy) Whole Assorted Apples (1/2 fruit) <u>Choice of Milk</u>	Grilled Chicken Salad w/ flatbread (2M, 2G, 1 c. other veg., 1/2 c. red)- (complete meal with G, M/MA, and Vegetables Mixed Fruit (C) (1/2 fruit) <u>Choice of Milk</u>	Chicken Parm with Penne Pasta (V)(2G,2M) Broccoli (3/4 green) Cool Rips (1/2 fruit) <u>Choice of Milk</u>	Chicken Alfredo with Garlic Bread (3G,2M) Sweet Potato Chunks (3/4 c Red) Sliced Apples (1/2 fruit) <u>Choice of Milk</u>	BBQ Chicken Pizza (2M, 2G) California Blend Vegetables (3/4c other) Grapes (1/2c) Pears (1/2c Fruit) <u>Choice of Milk</u>