

JANIE HOWARD WILSON WELCOME BACK



"IF YOU ARE HAVING A PROBLEM OR THINK YOU WILL HAVE A PROBLEM, PLEASE COME TO THE OFFICE."

ADMINISTRATION MESSAGE:

AS WE ENTER THE START OF THE HOLIDAY SEASON, WE WANT TO EXTEND OUR SINCERE GRATITUDE AND APPRECIATION TO OUR PARENTS, SPONSORS, AND BUSINESS PARTNERS FOR ALL YOUR SUPPORT TOWARD THE JANIE HOWARD WILSON STUDENTS, STAFF, AND PROGRAMS. OUR SUCCESS IS DUE TO THE ASSISTANCE THAT IS SHOWN ALL YEAR. THIS MONTH, WE HAVE MANY EXCITING EVENTS ON AND OFF CAMPUS. OUR SECOND GRADERS WILL BE HOSTING A VETERAN DAY PERFORMANCE AND KICKING OFF THE INTERNATIONAL BACCALAUREATE PRIMARY YEARS PROGRAMME SHOWCASE FOR THE 2025-2026 SCHOOL YEAR. OUR STAFF AND STUDENTS WANT TO RECOGNIZE OUR VETERANS FOR THE SACRIFICE MADE BY SO MANY FOR THE FREEDOMS WE HAVE. WE ALSO WANT TO SHOWCASE THE LEARNING DONE BY THE STUDENTS AS THEY RESEARCHED OUR NATIONAL MONUMENTS. THE SECOND-GRADE STUDENTS HAVE BEEN WORKING HARD AND WE WOULD LOVE TO SHOW YOU WHAT THEY HAVE LEARNED. IN ADDITION, OUR FIFTH GRADERS WILL PARTICIPATE IN THE LAKE WALES ANNUAL TURKEY BOWL ON NOVEMBER 18TH. OUR SCHOOL IS ALSO PARTICIPATING IN THE GREAT AMERICAN TEACH IN ON NOVEMBER 20TH. WE WILL BE HOSTING OUR THANKSGIVING DAY DINNER ON NOVEMBER 19TH DURING YOUR CHILD'S LUNCH TIME.

AS WE CONTINUE TO "LEVEL UP," THE JHW STAFF AND STUDENTS WILL BEGIN A DEEP DIVE INTO THE APPROACHES TO LEARNING (ATL) WITH THE INTERNATIONAL BACCALAUREATE PRIMARY YEARS PROGRAMME. THE ATL CONSISTS OF FIVE CATEGORIES OF INTERRELATED SKILLS AND ASSOCIATED SUB SKILLS THAT SUPPORT STUDENTS OF ALL AGES TO BECOME SELF-REGULATED LEARNERS. THE FIVE CATEGORIES ARE COMMUNICATION, RESEARCH, THINKING, SOCIAL SKILLS, AND SELF-MANAGEMENT. THE TEACHERS WILL PLAN IMPLICIT AND EXPLICIT OPPORTUNITIES USING A VARIETY OF STRATEGIES TO DEVELOP THE ATL BOTH INSIDE AND OUTSIDE THE PROGRAMME OF INQUIRY TO INFLUENCE YOUR CHILD'S EDUCATION NOT ON JUST WHAT YOUR CHILD LEARNS BUT HOW YOUR CHILD LEARNS IT.

FINALLY, WE ARE SO PROUD OF THE WORK OUR STUDENTS HAVE DONE THIS SCHOOL YEAR AS WE CLOSED THE FIRST QUARTER. OUR GOAL IS TO SHINE WITH THE LAKE WALES CHARTER SCHOOL READ 30 LITERACY INITIATIVE AND WE WANT TO THANK YOU FOR ALL YOUR SUPPORT. PLEASE CONTINUE TO READ EACH NIGHT FOR THIRTY MINUTES AND HAVE YOUR CHILD ATTEND SCHOOL EACH DAY. WE CAN'T WAIT TO HOST OUR NEXT AR CELEBRATION. PLEASE CONTINUE TO ENCOURAGE YOUR CHILD TO READ OVER THANKSGIVING BREAK AND RECORD WHAT THEY HAVE READ SO YOUR CHILD CAN TAKE THEIR AR TESTS WHEN HE/SHE RETURNS TO CAMPUS.

HAPPY FALL,

KIM GRIFFITHS & JENNIFER SIMPSON



NOVEMBER CALENDAR

NOV.3-21- KRISPY KREME FUNDRAISER

NOV.3-7- CARE CENTER FOOD DRIVE

NOV. 10- 2ND INTERIM REPORT WEEK

NOV. 11- NO SCHOOL- VETERAN'S DAY

NOV. 13- 2ND GRADE IB EXHIBITION

NOV. 18- TURKEY BOWL @LEGION FIELD NOV

NOV. 19- THANKSGIVING LUNCH

NOV. 20- PICTURE RETAKES
2ND GRADE TO GREEN MEADOWS FARM

NOV. 21- FALL FEST/ EARLY RELEASE

NOV. 24-28- THANKSGIVING WEEK

DEC. 1- RETURN TO SCHOOL

NOVEMBER
2025
ISSUE NO 4

BOLT NEWS

KINDERGARTEN NEWSLETTER

UPCOMING CURRICULUM TOPICS:

Reading

This month's reading topics are:

Making predictions, identifying story elements (main character(s), setting, events in chronological order), fact vs. opinion

UFLI Phonics

Writing a complete sentence

Math

This month's math topics are:

Comparing Numbers 0 - 10

Understanding Addition

Science

This month's science topics are:

The Law of Gravity

Forces & Changes in Motion



IB CORNER:

"How We Express Ourselves"

Learner Profiles: Open-Minded, Caring,
Communicators

Key Concepts: Connection, Responsibility

STUDENT RECOGNITION:

Top AR Student: Estefania Bamaca-Sales, Breylen Partee,
Zahir Lloyd, Azrael Figueroa

Top Math Superstar: Emanuel Guzman, Kae'Anni Williams,
Jace Ernest, Christian Cius

Top Scientist: Ixchel Morales-Echevarria, T'Kai Bowman,
Valentina Martinez, Naziah Hicks

UPCOMING FIELD TRIPS/ DEADLINES:

Deadlines:

Nov. 19 - LAST DAY to purchase tickets for
cookie decorating and pictures with Mr. &
Mrs. Claus for our "Dinner with Santa"
Kindergarten PYP Exposition

Field Trip:

Dec. 4 - "Dinner with Santa" at First Baptist
Church of Lake Wales for Kindergarten's PYP
Exhibition and Performance!

FIRST GRADE NEWSLETTER

UPCOMING CURRICULUM TOPICS:

Reading: We are continuing to use UFLI in our classroom to help students with their phonics skills. We are continuing with our Wordly Wise vocabulary words and concept cards. Wordly Wise is a program that helps us introduce our students to new vocabulary words that are attached to a key concept. After every two weeks we take our vocabulary words on the ten words that we have been learning in class and with our homework. First graders are working on retelling a story in writing and also orally to better help their comprehension skills. We are also working on writing to retell the story that we have talked about and starting to introduce how to write a narrative. Please continue to practice reading, spelling, and vocabulary at home!

Math: First grade is using iReady to learn about adding and subtracting using real world problems, subtracting to compare in real world problems, and finding an unknown number. Students will be using hands-on experiences to better understand addition and subtraction. In our classes we have been testing students on their math fact fluency. Each day they work on fluency facts and on Friday we see where the students are at.

Science: Students will be learning about the properties of matter and understanding what items sink and float by doing labs. Our first grade students will be observing objects and sorting them into groups based on their properties such as size, shape, color, temperature (hot or cold), weight (heavy or light), texture, and if it sinks or floats. These lessons will be more hands-on experiences for students to show agency.



IB CORNER:

We are working on is "How we organize ourselves" to learn about how communities depend on each other to function. During the month of November, we will be looking for students who are showing the IB Learner Profile of Balanced (We take care of our body, mind, and feelings) and also for those who are showing gratitude.

STUDENT RECOGNITION:

First Grade would like to recognize: (Left side is principled and the right side is responsible decision making students)

Isaiah McGriff
Mahala Lewter
Michaela Ray
Elijah Marion

Keela Costa
Adaiah Anderson
Audrianna De Paz
Jayden Taylor

UPCOMING FIELD TRIPS/ DEADLINES:

Our Thanksgiving Lunch is on November 19th at 10:50-11:20 - The deadline for you to sign up to eat with your student is on November 13th. It is \$5.00 per adult and any child that is not enrolled as a student at JHW and the slip that was sent home needs to be filled out and returned with the cash attached.

SECOND GRADE NEWSLETTER

UPCOMING CURRICULUM TOPICS:

English Language Arts – Identify and explain a theme in a literary text
Standard: ELA.2.R.1.2 – Identify and explain a theme of a literary text.

Mathematics – Subtracting with numbers
Standard: MA.2.AR.2 – Determine an understanding of equality and addition and subtraction.
Benchmark: MA.2.AR.2.1 "Determine and explain whether equations involving addition and subtraction are true or false."
Also: Under Number Sense & Operations, MA.2.NSO.2.3 "Add two whole numbers with sums up to 100 with procedural reliability."
Subtract a whole number from a whole number, each no larger than 100, with procedural reliability."
And MA.2.NSO.2.4 "Explore the addition of two whole numbers with sums up to 1,000. Explore the subtraction of a whole number from a whole number, each no larger than 1,000."

Social Studies – Civics & Government
Standard: SS.2.CG.1 – Foundations of Government, Law and the American Political System
Benchmark: SS.2.CG.1.1 "Explain why people form governments."
Benchmark: SS.2.CG.1.2 "Explain how the U.S. government protects the liberty and rights of American citizens."
Standard: SS.2.CG.2 – Civic and Political Participation
Benchmark: SS.2.CG.2.1 "Explain what it means to be a U.S. citizen."
Benchmark: SS.2.CG.2.2 "Describe the characteristics of responsible citizenship at the local and state levels."
Benchmark: SS.2.CG.2.3 "Explain how citizens demonstrate patriotism."
Benchmark: SS.2.CG.2.4 "Recognize symbols, individuals and documents that represent the United States."

Science – What is Science, Observation vs. Inference, Scientific Method
Standard: SC.2.N.1.1 – Raise questions about the natural world, investigate them in teams through free exploration and systematic observations, and generate appropriate explanations based on those explorations.
Benchmark: SC.2.N.1.2 "Compare the observations made by different groups using the same tools."
Benchmark: SC.2.N.1.3 "Ask 'how do you know?' in appropriate situations and attempt reasonable answers when asked the same question by others."
Benchmark: SC.2.N.1.5 "Distinguish between empirical observation (what you see, hear, feel, smell, or taste) and ideas or inferences (what you think)."
Also: The "scientific method" concept is referenced: "The processes of science frequently do not correspond to the traditional portrayal of 'the scientific method'."



IB CORNER:

Unit of Inquiry: How We Organize Ourselves:
This is an inquiry into the interconnectedness of human-made systems and communities; the structure and function of organizations; societal decision making; economic activities and their impact on humankind and the environment.

STUDENT RECOGNITION:

Resiliency Student of the Month:

Open minded:

Karson Taylor
Morgan Monroe
K'ying Cope
J'Karrie Smith

Critical Thinking & Problem Solving:

Rhyiah Wilson
Chloe Vera
Lillie Wallace
Alaya Pinion

UPCOMING EVENTS/ DEADLINES:

Oct. 9th- Field trip to South Florida State
College Live performance – "Pinkalicious"

Nov. 20th- Green Meadows Petting Farm
Real-world farm animals experiences

THIRD GRADE NEWSLETTER

UPCOMING CURRICULUM TOPICS:

Reading:

This month's reading topics we will be working on their poetry standards as well as comparing and contrasting different text while introducing character perspectives.

Math:

This month's math topics we will continue to work on introducing multiplication and division and relating the new skills back to their knowledge of addition and subtraction.

Science:

This month's Science topics we will be working on matter and all of its properties. The students will understand how matter can change and new things can develop.

Social Studies:

This month's Social Studies topics we will be working on learning about different cultures and how the different cultures influence others around them.



IB CORNER:

We are finishing up the second transdisciplinary unit of the year of "Where we are in place and time"

We are focusing on the relationships between the interconnectedness of individuals and civilizations from local and global perspectives.

This month we will be focusing on the following Learner profiles through all subjects.

Open-Minded
Caring
Communicators

Key Concepts:

This month we will be focusing on the following Key Concepts through all subjects.

Connection
Change
Responsibility

STUDENT RECOGNITION:

Resiliency Student of the Month:

Principled:

Joy Hernandez
Gimena Elias Santiago
Jounee Metcalf
Jalexis Rodriguez

Responsible Decision Making:

De'Ante Saunders
Mia Acevedo
Journey Williams
Anthony Sealey

UPCOMING FIELD TRIPS/ DEADLINES:

Important dates:

Nov. 11th- No school (Veteran's Day)
Nov. 14th- Otis Spunkmeyer School Fundraiser is DUE
Nov. 19th- Thanksgiving Lunch
Nov. 20th- Great American Teach In
Nov. 21st- FALL FEST/ Early Release
Nov. 24th- Nov. 28th- Thanksgiving Break

Parent Note:

Please continue to encourage your students to come to school ready to learn and to be focused on their learning while they are at school. It is very important that you have met with your student's teacher to go over the beginning of the year data before we take our middle of the year testing so that you are well aware of your students goals for this upcoming school year!

FOURTH GRADE NEWSLETTER

UPCOMING CURRICULUM TOPICS:

In November, we will be learning about

ELA

Students will be required to compare and contrast accounts of the same event using primary and secondary sources, and resource information determine the main idea of a text and supporting key details, and summarize the text understand grade-appropriate words, including those acquired through context and word analysis Use evidence from the text to support their answers when asking and answering questions about the text

Math

Use place value and models to divide 2 digit and 3 digit numbers by 1 digit numbers Choose a method for solving a problem involving dividing by a 1 digit number Continue to use place value and sharing to divide 2 digit and 3 digit numbers by 1 digit numbers

Science

Weather and Erosion
Review of Earth Space Science

Social Studies

Civics and Government



IB CORNER:

SHARING THE PLANET

STUDENT RECOGNITION:

	Principled	Responsible Decision-Making
Mrs.Sotomayor's Class	Damian Benitez	Sthephaney Morales Carias
Mrs. Howard's Class	Anna Rocha Zuniga	Noah Perez
Mrs. Smiddie's Class	Yendriel Quintana	Jorge Sosa Roma
Ms. Smith's Class	Guadalupe Solis	Eli Boria

UPCOMING FIELD TRIPS/ DEADLINES:

Key Ingredients to a successful school year:

Establish routines, get organized, set goals, set a schedule, create a homework zone, communicate with teachers (please reach out to us with any questions or concerns)

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jamesha.howard@lwcharterschools.com
colette.smith@lwcharterschools.com
jolina.smiddie@lwcharterschools.com

FIFTH GRADE

NEWSLETTER

UPCOMING CURRICULUM TOPICS:

Math: Multiplying and dividing decimals. They're also creating mini tortoise habitats to practice perimeter and area

Science: Water Cycle

Reading: Reading stories about the Harlem Renaissance and practicing identifying main idea and key details.

Social Studies: Finishing up the Daughters of the American Revolution Essays.



IB CORNER:

Where we are in Place and Time

STUDENT RECOGNITION:

Congratulations to the new A-team members:

David Arriaga
Logan Bender
London Carroll
Neymar Ventura
Antonio Stone
Kyler Wilson
Saul Miranda Morales

UPCOMING FIELD TRIPS/ DEADLINES:

Turkey Bowl Jamboree will be held on Tuesday, November 18th at the Lake Wales Legion Field. Look for permission slips to come home soon.

Thanksgiving Lunch will be held on Wednesday, November 19th this year. Look for the flyer to come home soon to sign up and pay.

Great American Teach In will be held on Thursday, November 20th. If you have a business and would like to share it with our students please reach out to your child's teacher.



DATE: TUESDAY, NOVEMBER 18TH AT 10:15 AM

LOCATION: LEGION FIELD

ADMISSION: \$3.00 DONATION FOR NON-SCHOOL PERSONNEL

10:15- WELCOME AND ANNOUNCEMENTS

10:20- PRESENTATION OF COLORS BY LWHS ROTC, PLEDGE, NATIONAL ANTHEM BY HIGHLANDER BAND

10:30- CHEER ROUTINES FROM EACH SCHOOL

LWHS

BABSON PARK

HILLCREST

JANIE HOWARD

POLK AVENUE

BOK SOUTH

BOK NORTH

5TH GRADE FOOTBALL TEAMS (20 MINUTE GAMES)

TEAM LISTED FIRST HAS POSSESSION FIRST AND WILL BE ON THE NORTH SIDE OF FIELD

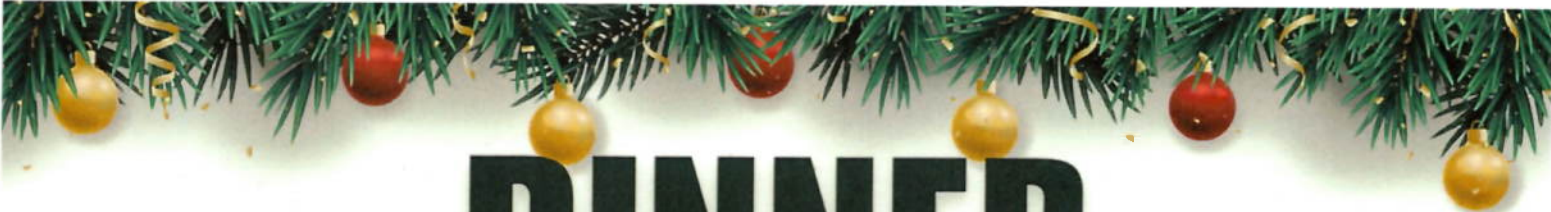
11:10- GAME 1 JANIE HOWARD VS. HILLCREST

11:40- GAME 2 BABSON PARK VS POLK AVE

12:10- GAME 3 JANIE HOWARD VS BABSON PARK

12:40- GAME 4 HILLCREST VS. POLK AVE

CONCESSION STAND WILL BE OPEN



DINNER

With Santa

THURSDAY, DEC. 4TH, 2025 5:30PM - 7:30PM

Please join Kindergarten as they sing and dance to Christmas songs from around the world! We will have the following:

- Dinner & Storytime with Elf on the Shelf
- Write a letter to Santa
- Cookie Decorating (tickets required)
- Photos with Mr. and Mrs. Claus (tickets required)

TICKET PRICES

Photo with Mr. & Mrs. Claus - \$5 each

Cookie Decorating - \$3 each

**** Prepurchase tickets for cookie decorating and photos from Oct. 28 - Nov. 19, CASH ONLY****

LOCATION: FIRST BAPTIST CHURCH OF LAKE WALES

305 E Tillman Ave.

Lake Wales, FL 33853



MONDAY

3

- Breakfast Entrée
- Breakfast Chicken & Waffle
 - Apple Cinnamon Cheerios Cereal
 - Cheerios Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Apple
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

TUESDAY

4

- Breakfast Entrée
- Turkey Sausage Breakfast Pizza
 - Cheerios Cereal
 - Apple Cinnamon Cheerios Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Strawberry Craisins
 - 100% Apple Juice
 - Applesauce Cup
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

WEDNESDAY

5

- Breakfast Entrée
- Fluffy Pancakes
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Cinnamon Chex Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Orange Slices
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

THURSDAY

6

- Breakfast Entrée
- Egg & Cheese Croissant Sandwich
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Cinnamon Chex Cereal
 - Strawberry Banana Yogurt Cup
- Fruit
- Fresh Banana
 - 100% Apple Juice
 - Strawberry Craisins
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

FRIDAY

7

- Breakfast Entrée
- Maple Pigs in a Blanket
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Apple
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

10

- Breakfast Entrée
- Fluffy Jumbo Waffles w/ Turkey Sausage
 - Apple Cinnamon Cheerios Cereal
 - Cheerios Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Apple
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

11

No School

12

- Breakfast Entrée
- Turkey Ham & Cheese Biscuit Sandwich
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Cinnamon Chex Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Orange Slices
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

13

- Breakfast Entrée
- Egg & Cheese English Muffin Sandwich
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Cinnamon Chex Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Banana
 - 100% Apple Juice
 - Strawberry Craisins
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

14

- Breakfast Entrée
- Scratch-Made French Toast Casserole
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Apple
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

17

- Breakfast Entrée
- Mini Sausage Wrapped Pancakes
 - Cheerios Cereal
 - Apple Cinnamon Cheerios Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Apple
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

18

- Breakfast Entrée
- Breakfast Chicken & Waffle
 - Cheerios Cereal
 - Apple Cinnamon Cheerios Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Strawberry Craisins
 - 100% Apple Juice
 - Applesauce Cup
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

19

- Breakfast Entrée
- Turkey Sausage Breakfast Pizza
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Cinnamon Chex Cereal
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Orange Slices
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

20

- Breakfast Entrée
- Turkey Ham & Cheese Croissant Sandwich
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Cinnamon Chex Cereal
 - Strawberry Banana Yogurt Cup
- Fruit
- Fresh Banana
 - 100% Apple Juice
 - Strawberry Craisins
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

21

- Breakfast Entrée
- Bacon, Egg & Cheese Breakfast Tacos
 - Multi-Grain Cheerios Cereal w/ Graham Crackers
 - Strawberry Banana Yogurt Cup
- Grain
- Whole Grain Honey Graham Cracker 3 pk
- Fruit
- Fresh Apple
 - 100% Fruit Punch Juice
 - Raisins Box
- Milk
- Fat Free Chocolate Milk Local
 - 1% Low Fat White Milk Local

24	25	26	27	28
Breakfast Entrée • Delicious Blueberry Muffin • Cheerios Cereal • Apple Cinnamon Cheerios Cereal • Strawberry Banana Yogurt Cup Grain • Whole Grain Honey Graham Cracker 3 pk Fruit • Fresh Apple • 100% Fruit Punch Juice • Raisins Box Milk • Fat Free Chocolate Milk Local • 1% Low Fat White Milk Local	Breakfast Entrée • French Toast Sticks w/ Turkey Sausage • Cheerios Cereal • Apple Cinnamon Cheerios Cereal • Strawberry Banana Yogurt Cup Grain • Whole Grain Honey Graham Cracker 3 pk Fruit • Strawberry Craisins • 100% Apple Juice • Applesauce Cup Milk • Fat Free Chocolate Milk Local • 1% Low Fat White Milk Local	Breakfast Entrée • Honey Chicken Biscuit • Multi-Grain Cheerios Cereal w/ Graham Crackers • Cinnamon Chex Cereal • Strawberry Banana Yogurt Cup Grain • Whole Grain Honey Graham Cracker 3 pk Fruit • Fresh Orange Slices • 100% Fruit Punch Juice • Raisins Box Milk • Fat Free Chocolate Milk Local • 1% Low Fat White Milk Local	Breakfast Entrée • Cheesy Scrambled Eggs • Multi-Grain Cheerios Cereal w/ Graham Crackers • Cinnamon Chex Cereal • Strawberry Banana Yogurt Cup Grain • Whole Grain Toast w/ Margarine Fruit • Fresh Banana • 100% Apple Juice • Strawberry Craisins Milk • Fat Free Chocolate Milk Local • 1% Low Fat White Milk Local	Breakfast Entrée • Cinnamon & Sugar Donut Holes • Cheerios Cereal • Multi-Grain Cheerios Cereal w/ Graham Crackers • Strawberry Banana Yogurt Cup Grain • Whole Grain Honey Graham Cracker 3 pk Fruit • Fresh Apple • 100% Fruit Punch Juice • Raisins Box Milk • Fat Free Chocolate Milk Local • 1% Low Fat White Milk Local

This institution is an equal opportunity provider

This information and the Menus can change regularly and foods are substituted periodically without notice. To obtain the most up-to-date information, contact your school's cafe manager.

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MONDAY

3

Lunch Entrée

- Large Spaghetti Meatsauce
- Golden Chicken Corn Dog
- PB & Jelly Uncrustable w/ String Cheese & Graham Cracker

Vegetables

- Spiced Green Beans
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Fresh Cucumber with Zesty Lemon & Chili

Fruit

- 100% Grape Juice
- Cinnamon Applesauce
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

TUESDAY

4

Lunch Entrée

- Cheesy Chicken Quesadilla
- Crispy Chicken Patty Sandwich
- Pepperoni Pizza Power Pack

Vegetables

- Homemade Seasoned Beans Baked
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Fresh Tomato Wedges

Fruit

- Sweet Diced Peaches
- 100% Fruit Punch Juice
- Raisins Box

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

WEDNESDAY

5

Lunch Entrée

- Chicken Teriyaki w/ Rice & Vegetables
- Hot Dog (Pork-Free)
- PB & Jelly Uncrustable w/ String Cheese & Graham Cracker

Vegetables

- Steamed Crinkle Carrots
- Fresh Baby Carrots
- Fresh Cucumber with Zesty Lemon & Chili
- Green Bell Pepper

Fruit

- 100% Apple Juice
- Fresh Orange
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

THURSDAY

6

Lunch Entrée

- Baked Shepherds Pie w/ Roll
- Grilled Cheeseburger
- Pepperoni Pizza Power Pack

Vegetables

- Zingy Crinkle Fries
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks

Fruit

- Fresh Banana
- 100% Apple Juice
- Raisins Box

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

FRIDAY

7

Lunch Entrée

- Classic Pepperoni Pizza
- Delicious Cheese Pizza

Vegetables

- Fresh Baby Carrots
- Fruit
- 100% Apple Juice
- Fresh Apple
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

10

Lunch Entrée

- Chicken Nuggets w/Roll
- Cheese Stuffed Breadsticks w/Marinara
- Italian Sub

Vegetables

- Spiced Green Beans
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Fresh Celery Sticks

Fruit

- 100% Grape Juice
- Cinnamon Applesauce
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

11

No School

12

Lunch Entrée

- Creamy Garlic Chicken over Penne
- BBQ Chicken Sandwich
- Italian Sub

Vegetables

- Seasoned Peas & Carrots
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh Broccoli Florets

Fruit

- 100% Apple Juice
- Fresh Orange Slices
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

13

Lunch Entrée

- Creamy Macaroni & Cheese
- Chicken Tenders w/ Biscuit
- Crispy Chicken Nugget Salad w/CROUTONS

Vegetables

- Vegetarian Mashed Potatoes
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Garbanzo Bean & Tomato Salad

Fruit

- 100% Grape Juice
- Fresh Banana
- Raisins Box

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

14

Lunch Entrée

- Delicious Cheese Pizza
- Turkey Ham Hawaiian Pizza

Vegetables

- Peppered Broccoli Florets
- Side Salad
- Fruit
- 100% Apple Juice
- Fresh Apple
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

17

Lunch Entrée

- Golden Chicken Corn Dog
- Down Home Chicken & Waffles
- Peanut Butter & Jelly Uncrustable w/ Cheese & Goldfish

Vegetables

- Vegetarian Baked Beans
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Fresh Tomato Wedges

Fruit

- 100% Apple Juice
- Cinnamon Applesauce
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

18

Lunch Entrée

- Spaghetti Meatsauce
- Turkey Ham & Cheese Salad
- Grain
- Homemade Croutons

Vegetables

- Charro Beans without Jalapeños
- Fresh Baby Carrots
- Fresh Cucumber with Zesty Lemon & Chili
- Fresh Broccoli Florets
- Fresh Salsa

Fruit

- 100% Grape Juice
- Mixed Tropical Fruit
- Raisins Box

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

19

Lunch Entrée

- Orange Chicken
- Peanut Butter & Jelly Uncrustable w/ Cheese & Goldfish

Grain

- Seasoned Brown Rice

Vegetables

- Peppered Broccoli Florets
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Fresh-Cut Cucumber Slices

Fruit

- 100% Apple Juice
- Fresh Orange
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

20

Lunch Entrée

- Herb Roasted Turkey w/Stuffing & Honey Glazed Roll

Vegetables

- Garlic Mashed Potatoes

Fruit

- Sautéed Green Beans
- 100% Apple Juice
- Apple Cobbler
- Colorful Ambrosia Fruit Salad

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Desserts

- Country Style Thanksgiving Sweet Potato Pie

21

Lunch Entrée

- Peanut Butter & Jelly Sandwich w/ String Cheese

Vegetables

- Steamed Corn
- Fresh Celery Sticks

Fruit

- 100% Apple Juice
- Fresh Apple
- Strawberry Craisins

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

24	25	26	27	28
Lunch Entrée • Grilled Cheese Sandwich • Breaded Chicken Tenders • Fresh Turkey & Cheese Sub Grain • Whole Wheat Dinner Roll Vegetables • Peppered Broccoli Florets • Fresh Baby Carrots • Fresh-Cut Cucumber Slices Fruit • 100% Grape Juice • Cinnamon Applesauce • Strawberry Craisins Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local • Fat Free Strawberry Milk Local	Lunch Entrée • Fresh-Made Cheesy Chicken Tacos on Flour Tortillas • Grilled Cheeseburger • Fresh BBQ Chicken Salad Grain • Toasted Garlic Bread Vegetables • Mexican Pinto Beans • Fresh-Cut Cucumber Slices • Fresh Baby Carrots • Fresh Broccoli Florets • Fresh Salsa Fruit • Sweet Diced Peaches • 100% Fruit Punch Juice • Raisins Box Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local • Fat Free Strawberry Milk Local	Lunch Entrée • Beefy Macaroni Marinara w/ Roll • Crispy Chicken Patty Sandwich • Fresh Turkey & Cheese Sub Vegetables • Buttery Steamed Corn • Fresh Baby Carrots • Fresh Broccoli Florets • Fresh-Cut Cucumber Slices Fruit • 100% Apple Juice • Fresh Orange Slices • Strawberry Craisins Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local • Fat Free Strawberry Milk Local	Lunch Entrée • Halal Beef Hotdog • Hot Dog (Pork-Free) • Popcorn Chicken Vegetables • Zingy Crinkle Fries • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Celery Sticks Fruit • Fresh Banana • 100% Fruit Punch Juice • Raisins Box Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local • Fat Free Strawberry Milk Local	Lunch Entrée • Delicious Cheese Pizza • Classic Pepperoni Pizza Vegetables • Side Salad • Fresh Baby Carrots Fruit • 100% Apple Juice • Fresh Red Apple • Strawberry Craisins Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local • Fat Free Strawberry Milk Local

This institution is an equal opportunity provider

This information and the Menus can change regularly and foods are substituted periodically without notice. To obtain the most up-to-date information, contact your school's cafe manager.

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