

# JANIE HOWARD WILSON WELCOME BACK



# BOLT NEWS

SEPTEMBER  
2025  
ISSUE NO 2

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

## ADMINISTRATION MESSAGE:

DEAR SILVER STREAK FAMILIES,

WE ARE READY TO "UNLOCK ACHIEVEMENT LEVELS" WITH YOUR CHILD AS WE START OUR STATE PROGRESS TESTING THIS MONTH. OUR STUDENTS WILL "PRESS START" ON THE TESTING WINDOW WITH STATE TESTING ON TUESDAY, SEPTEMBER 2ND. OUR STAFF AND STUDENTS WILL CONTINUE TO GET OUR "GAME ON" WITH THE INTERNATIONAL BACCALAUREATE PRIMARY YEARS PROGRAMME AS ALL GRADE LEVELS WILL BEGIN THEIR FIRST TRANSDISCIPLINARY UNIT. WE WILL BE SHARING UPDATES ON THIS WITH OUR PTO AND SAC COMMITTEE MEETINGS THIS YEAR. WE HAVE SOME FUN EVENTS PLANNED SUCH AS DONUTS WITH DAD, ALL PRO DAD SIGN UP, BOOK FAIR, CHEER TRYOUTS, FLAG FOOTBALL TRYOUTS, AND MORE! PLEASE VISIT OUR SOCIAL MEDIA TO GET THE LATEST UPDATES!

THIS MONTH, OUR SILVER STREAKS WILL BE FOCUSING ON WHAT IT MEANS TO BE OPEN-MINDED. THIS WILL FOCUS ON APPRECIATION OF THEIR OWN CULTURE AND PERSONAL HISTORY WHILE RESPECTING THE VALUES AND TRADITIONS OF OTHERS, WILLINGNESS TO CONSIDER DIFFERENT POINTS OF VIEW AND GROWTH FROM NEW EXPERIENCES, AND LISTENING TO OTHERS WITH EMPATHY AND CURIOSITY. OUR "GAME PLAN" WILL INCLUDE OUR STUDENTS READING FOR THIRTY MINUTES EACH NIGHT, BUILDING THEIR MATH FACT FLUENCY, AND COMPLETING THEIR HOMEWORK. WE ENCOURAGE YOU TO CONTINUE

EXTENDING INQUIRY AT HOME BY ASKING YOUR CHILD OPEN

ENDED QUESTIONS SUCH AS

- \* WHAT ARE YOU CURIOUS ABOUT TODAY?
- \* HOW DID YOU SHOW THE LEARNING PROFILE OF OPEN-MINDED THIS WEEK?

FAMILIES ARE PARTNERS IN OUR PYP IB JOURNEY, AND YOUR INVOLVEMENT MAKES A DIFFERENCE. LOOK FOR VOLUNTEER OPPORTUNITIES, CLASSROOM EVENTS, AND PARENT WORKSHOPS ON OUR SOCIAL MEDIA.

WE STRONGLY ENCOURAGE OUR FAMILIES TO SIGN UP FOR THE FOLLOWING:

\* PARENT PORTAL- PLEASE COME INTO THE LICENSE TO RECEIVE YOUR CHILD'S PERSONAL PIN. THIS WILL ALLOW YOU TO SEE YOUR CHILD'S GRADES IN REAL TIME, TRACK ATTENDANCE, AND VIEW TEST SCORES.

\* NEW WORLDS READING- THIS WILL ALLOW YOU TO RECEIVE FREE BOOKS FOR YOUR CHILD.

[HTTPS://WWW.NEWWORLDSREADING.COM/EN/ENROLLMENT/](https://www.newworldsreading.com/en/enrollment/)

OUR STAFF WANTS A "HIGH SCORE" SO PLEASE COMMUNICATE WITH US AS WE WANT TO HEAR FROM YOU! WE ENCOURAGE YOU TO REACH OUT TO ADMINISTRATION, TEACHERS, OR OUR FRONT OFFICE AS WE WANT TO HEAR FEEDBACK, SUGGESTIONS, AND IDEAS. TOGETHER, WE ARE BUILDING A COMMUNITY OF LEARNERS WHO ARE NOT ONLY KNOWLEDGEABLE BUT ALSO RESPECTFUL AND CARING CITIZENS OF OUR WORLD.



## SEPTEMBER CALENDAR

SEPT. 1- LABOR DAY  
NO SCHOOL

SEPT. 9- DRESS DOWN DAY/ OPEN HOUSE  
5:00PM-6:30PM  
KONA ICE

SEPT. 10- K-2 ART PAINT ALONG

SEPT. 15-19- SCHOLASTIC BOOK FAIR  
SEPT. 18- ALL PRO DADS DAY @ 7:30AM  
SEPT. 19- CROC DAY

AUG. 26- DRESS DOWN DAY  
EARLY RELEASE  
12:40PM

# KINDERGARTEN NEWSLETTER

## UPCOMING CURRICULUM TOPICS:

### Reading

This month's reading topics are: identifying part of the book, characters, setting, uppercase and lowercase letter identification, writing our names.

We will be exploring these standards: ELA.K.F.1.1, ELA.K.R.1.1

ELA.K.C.1.1

We plan to teach these standards by: Sept. 30

Vocabulary: front cover, back cover, spine, title, author, illustrator, title page, illustration

### Math

This month's math topics are: 2D shapes, counting to 10, identifying & writing numbers 0 to 5

We will be exploring these standards: MA.K.NSO.1, MA.K.GR.1, MA.K.DP.1, MA.K.NSO.1, MA.K.NSO.2

We will plan to teach these standards by: Sept. 30

Vocabulary: circle, triangle, side, vertex/vertices (corner), rectangle, square, two-dimensional figure, in front of, behind, below, next to, above, beside

### Science

This month's science topics are: The Five Senses, Properties of Matter

We will be exploring these standards: SC.K.L.14.1, SC.K.N.1.2, SC.N.1.5, SC.K.P.8.1, SC.K.P.9.1

We will plan to teach these standards by: Sept. 30

Vocabulary: sight, hearing, smell, touch, taste, size, shape, color, temperature, weight, texture, changing, cutting, tearing, smashing, rolling



## IB CORNER:

**Learner Profiles:** Caring, Principled, Reflective

**Key Concepts:** Connection, Responsibility

## STUDENT RECOGNITION:

### Thinker:

Hernandez- Jonaic Rivera

Gethmann- Jahiel Carithers

Williams- Ethan Portillo

Wingate- Miei Wiggins

### Responsibility:

Hernandez- Indya Comer

Gethmann- Oscar Lopez

Williams- Kyariel Landoque

Wingate- Richard Williams

## UPCOMING FIELD TRIPS/ DEADLINES:

### Field Trip:

September 12 - KG to Jack Hartmann @  
Lake Wales High School

### Deadlines:

September 10 - Last Day to Pay \$10 for Jack  
Hartmann Field Trip

### Parent Involvement:

September 18- Dad's Take Your Child To  
School Day@ 7:30am

### Community:

September 11- LHWS Homecoming Parade  
5:00pm



# FIRST GRADE NEWSLETTER

## UPCOMING CURRICULUM TOPICS:

For September we will be starting our transdisciplinary theme "Who we are". This will be incorporated in the curriculum.

**Science/Social Studies:**

We will be using studies weekly for social studies. We will learn "who we are" by discussing the American flag, pledge of allegiance and how to be kind to others.

**Science:**

We will learn about what is science along with using the 5 senses to make observations by using hands on tools allowing students to take charge of their learning.

**Math:**

Your child will start to understand how to use addition and subtraction in math as well as identifying and looking at 2-dimensional and 3-dimensional figures. They will learn new strategies on how to add and subtract using different manipulatives like counters.

**Vocabulary:**

add, plus, sum, equals, parts, whole, equations, subtract, minus, difference, more, compare, fewer, addend, attributes, sides, vertices, semi-circle, trapezoid, cylinder, cone, rectangular prism, edges, faces, sphere, cube

**Reading:**

We will be using UFLI to learn phonics in the classroom. In reading we will identify different story elements along with text features in the stories that we are reading. At home you can practice with stories at home in identifying the story elements and text features. We will also be comparing and contrasting stories.



## IB CORNER:

We have been working on all the learner profiles by using books to provide insight to each learner profile.

For inquirers we read "Ada Twist, Scientist" by Andrea Beaty where they learn about her mind of inquiry.

For knowledgeable, we have read "Me...Jane" by Patrick McDonnell that talks about her wealth of knowledge at an early age that led to life changing discoveries.

For thinkers, we read "Not a Box" by Antoinette Portis which is a simple story showing a bunny using imagination and critical thinking to turn a box into anything.

## STUDENT RECOGNITION:

**Thinker:**

Miss Peters- Adelyn Ayala  
Miss C. Smith- Bella Carter  
Mrs. E. Smith- Michaela Ray  
Mrs. L. Howard- Kahlani St.Louis

**Responsibility:**

Miss Peters- Kylie Pichardo  
Miss. C. Smith- Logan Salinas Duran  
Mrs. E. Smith- Kade Newbold  
Mrs. L. Howard- Jayden Taylor

## UPCOMING FIELD TRIPS/ DEADLINES:

**Homework:**

Each week we will have a spelling test. These words are from UFLI which is a phonics program. Vocabulary will be every 2 weeks. For math homework it will be every day from the lesson that was taught that day. Please check agendas daily for any changes that might occur.

**Parent Involvement:**

September 18- Dad's Take Your Child To School Day@ 7:30am

**Community:**

September 11- LHWS  
Homecoming Parade  
5:00pm

# SECOND GRADE NEWSLETTER

## UPCOMING CURRICULUM TOPICS:

**ELA:** Review of English Language Arts, Phonics skills, Sentence Structure from 1<sup>st</sup> Grade

ELA.2.F.1 – Applying Foundational Reading Skills

ELA.2.R.1 – Reading Prose and Poetry

ELA.2.V.1 – Finding Meaning

ELA.2.C.3 – Following Conventions

**MATH:** Lessons are reviewing the 1<sup>st</sup> Grade skills and Math fluency

2.AR.3.1 – fluency and algebraic reasoning with addition and subtraction to 20

2.AR.3.2 – real world problems involving fluency and algebraic reasoning with addition and subtraction to 20

NSO.2.1 – number sense and operation ( $=$ ,  $-$ ,  $+$ )

**Social Studies:** Students will recognize that there are multiple ways to obtain citizenship

SS.2.CG.2.1 Explain what it means to be a U.S. citizen.

**Science:** Scientific Inquiry and Observation skills & The Human Body

SC.2.N.1 : The Practice of Science

SC.2.L.14.1: Distinguish human body parts (brain, heart, lungs, stomach, muscles, and skeleton) and their basic functions.



## IB CORNER:

**Unit of Inquiry:** Who We Are

An inquiry into the nature of the self, beliefs and values, personal, physical, mental, social and spiritual health, human relationships including families, friends, communities and cultures, rights and responsibilities, and what it means to be human.

## STUDENT RECOGNITION:

**Thinkers:** Cah'moni Edwards, Cynthia Sanchez, Karson Taylor, Kaitlyn Rinehart

**Responsible:** Jim'mya Bibbs, Aryan Samir, Sofia Orozco Guzman, Royal Brunson

## UPCOMING EVENTS/ DEADLINES:

### Parent Involvement:

September 18- Dad's Take Your Child To School Day@ 7:30am

### Community:

September 11- LHWS Homecoming Parade 5:00pm



# THIRD GRADE NEWSLETTER

## UPCOMING CURRICULUM TOPICS:

### Reading:

This month's reading topics we will be working on is inferencing or making connections through the text, word meanings, figurative language and comparing and contrasting text.

### Math:

This month's math topics we will be working on place value, the different number forms (standard, expanded and word form), comparing numbers and rounding. We will then move into working with addition and subtraction while reviewing how they relate to the previous thought standard of place value and our future standards of multiplication and division.

### Science:

This month's Science topics we will be working on is the nature of science and relating it to all parts of the world and science. We will then move into our Earth and Space standards.

### Social Studies:

This month's Social Studies topics we will be working on is to understand the different types of sources and what it means to be a citizen and contribute to your community.



## IB CORNER:

We are working in our first transdisciplinary unit of the year of "How the World works" during the month of September!  
We are focusing on the interactions of the natural world (physical and biological) and human societies.

### Learner Profiles:

This month we will be focusing on the following Learner profiles through all subjects:  
Inquires  
Open-Minded  
Thinkers

### Key Concepts:

This month we will be focusing on the following Key Concepts through all subjects:  
Connection  
Perspective  
Function

## UPCOMING FIELD TRIPS/ DEADLINES:

### Parent Note:

We are all looking forward to this year and appreciate all of the support that has been given to get all the students here and provide the materials needed for the year already! 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. If you have not yet joined your student's class dojo please make sure you are connecting so that you are getting all the information needed to make this year a successful year!

### Parent Involvement:

September 18- Dad's Take Your Child To School Day@ 7:30am

### Community:

September 11- LHWS  
Homecoming Parade  
5:00pm

## STUDENT RECOGNITION:

### Thinker:

Mrs. Wright- King Venson  
Mrs. Gil- Da'Kylah Ja'zelle Smith  
Mrs. Walker- Jhalan Davis  
Mrs. Yates- Grayson Stewart

### Responsibility:

Mrs. Wright- Joy Hernandez  
Mrs. Gil- Mia Isabella Acevedo  
Mrs. Walker- Ava Andrews  
Mrs. Yates- Alyana Benton

# FOURTH GRADE NEWSLETTER

## UPCOMING CURRICULUM TOPICS:

### Reading:

This month's reading topics focus on figurative language, similes, hyperboles, and metaphors. Students will also learn how affixes change the meaning of base words.

We plan to teach these standards by strategizing the breakdown of root words when introducing new vocabulary words in each lesson. Prefixes: un-, re-, pre- Suffixes: -ist, -er, -or

### Math:

We're learning about place value and the difference between standard form, word form, and expanded form. The vocabulary terms: factor, product, multiple, the properties of multiplication, and inverse relationships will all be taught using small groups, collaborative learning, and hands-on learning.

### Science:

Students will create PYP IB artifacts of the sun, earth, and moon. They will learn about the earth's movement, and the phases of the moon. The rock cycle will become more conceptual through the use of starburst candy to showcase how rocks change over time. The standards will be taught with intentional lessons that empowers the students to be an active and engaged learner.



## IB CORNER:

Unit of Inquiry the next six weeks is: Where we are in Place and Time

Learner Profiles are Caring, Thinkers, and Inquirers.

Key Concepts: Connection and Causation

## STUDENT RECOGNITION:

BRRICCK- Students for August:  
Mrs. Sotomayor- Jamal & Cindeera  
Mrs. Howard- Noe & Ty'Licia  
Mrs. Petersen- Leo & Jorge

## UPCOMING FIELD TRIPS/ DEADLINES:

Frasier Fields Walking Field Trip will take place on Friday, 9/26. This initiative supports our commitment to the beautification of our local park. Through these efforts, students can learn the impact of their contributions in our communities by helping to keep our local parks clean. A permission slip is required. Please reach out to your child's teacher if you have any questions or if you are in need of a form.

### Parent Involvement:

September 18- Dad's Take Your Child To School Day@ 7:30am

### Community:

September 11- LHWS Homecoming Parade  
5:00pm



# FIFTH GRADE NEWSLETTER

## UPCOMING CURRICULUM TOPICS:

**Reading:** This month reading topics are:  
Citing Text Evidence, Comprehension and Responding to Text

**Math:** This month we will be focusing on Place Value, Rounding Decimals and Adding and Subtracting Decimals

**Science:** This month's Science topics are The Nature of Science; Understanding the Scientific Method and Types of Scientific Investigation, as well as The Solar System.



## IB CORNER:

Transdisciplinary Theme is Sharing the Planet.

**Learner Profiles Focus:** Inquirers,  
Knowledgeable, and Thinkers

**Key Concepts:** Function, Connection &  
Responsibility

## UPCOMING FIELD TRIPS/ DEADLINES:

**Open House:**  
Tuesday, September 9-5:00pm-6:30pm

**Community:**  
September 11- LHWS Homecoming Parade  
5:00pm

**Parent Involvement:**  
September 18- Dad's Take Your Child To  
School Day@ 7:30am

## STUDENT RECOGNITION:

Top Math Superstar:  
Antonio Stone





# **WANTED:** **ALL PRO DADS**

**GATHER FOR BREAKFAST AND  
ENGAGE IN MEANINGFUL  
CONVERSATIONS AND ACTIVITIES  
WITH YOUR CHILD OR CHILDREN**

**18 SEPTEMBER, 2025 | 07:30 AM**

**JANIE HOWARD WILSON  
306 FLORIDA AVENUE- LAKE WALES**

**Scholastic Book Fair/ Tom's Coffee Truck**





# CANDY

# COLLECTION

Please consider  
donating candy for the  
upcoming Homecoming  
Parade and Fall Festival

**Donations may be dropped  
OFF BY FRIDAY, SEPTEMBER 5TH FOR  
HOMECOMING PARADE AND FRIDAY,  
OCTOBER 24<sup>TH</sup> FOR FALL FEST!**

# NO CHOCOLATE



# Title I Parent and Family Engagement Plan Summary

Dear Parents,

Thank you for taking the time to read this Parent and Family Engagement Plan Summary. Below are brief summaries of how your child's school plans to support parent and family engagement, as well as how the Lake Wales Charter Schools District will support schools, parents, and families.

Engaging parents in the education process is essential to improve academic success for students. Education is a responsibility shared by the school and the family throughout the student's school career in our district. Lake Wales Charter Schools will foster and support active parent and family engagement so that schools and parents work together as partners in educating children.

Thank you!

## **Janie Howard Wilson - Parent and Family Engagement Plan will:** *Every Student Succeeds Act 1116 (b-c)*

- Involve an adequate representation of parents in developing and evaluating the "School Parent and Family Engagement Plan" that describes how the school will carry out its required family engagement activities.
- Hold an annual meeting for families to explain the Title I program and the rights of parents to be involved.
- Offer other parent workshops at flexible times.
- Use Title I funds to support parent and family engagement and involve parents in deciding how these funds are used.
- Involve parents in the planning, review, and improvement of the Title I program.
- Develop a school-parent compact that outlines how parents, students, and school staff will share the responsibility for improving student achievement and describes how parents and teachers will communicate.
- Offer assistance to parents in understanding the education system and the state standards, and how to support their children's achievement.
- Provide materials and training to help parents support their child's learning at home.
- Educate teachers and other school staff, including school leaders, how to engage families effectively.
- Coordinate with other federal and state programs.
- Provide information in a format and language parents can understand and offer information in other languages as feasible.

## **Lake Wales Charter Schools District Parent and Family Engagement Plan will:** *Every Student Succeeds Act 1116 (a) (2)*

- Involve parents and family members in developing the district plan.
- Provide the support necessary to assist and build the capacity of all participating schools within the district in planning and implementing effective parent and family involvement activities to improve student academic achievement and school performance.
- Coordinate and integrate parent and family engagement strategies with other Federal, State, and local programs.
- Conduct an annual evaluation of the content and effectiveness of the parent and family engagement plan in improving the academic quality of all schools, including identifying barriers to greater participation by parents in activities, specifically families who are economically disadvantaged, are disabled, have limited English proficiency, have limited literacy, or are of any racial or ethnic minority background; the needs of parents and family members to assist with the learning of their children, including engaging with school personnel and teachers; and strategies to support successful school and family interactions.
- Design evidence-based strategies for more effective parental involvement, and to revise, if necessary, the parent and family engagement policies.
- Involve parents in the activities of the schools.

If you would like to receive a full copy of the district Parent and Family Engagement Plan, please see the different options below. Plans and summaries are available in English and Spanish.

- ✓ Contact the school office to request a copy of the summary and/or plan
- ✓ Visit the school website to view a copy of the summary [Janie Howard Wilson/ www.janiehowardwilson.com](http://www.janiehowardwilson.com)
- ✓ Available for review in the school office
- ✓ Visit the district website to view a copy of the district plan <http://www.lwcharterschools.com>

**Janie Howard Wilson Elementary**  
306 Florida Avenue, Lake Wales, FL 33853  
Mrs. Kim Griffiths  
863-678-4211

**Lake Wales Charter Schools**  
Angela Heyward, Title I Parent and Family Engagement  
Contact (863) 679-6560



#### MONDAY

1

- 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

#### TUESDAY

2

- 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

#### WEDNESDAY

3

- Breakfast Entrée
- Honey Chicken Biscuit
  - Multi-Grain Cheerios Cereal w/ Graham Crackers
  - Frosted Shredded Wheat 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

4

- Breakfast Entrée
- Cheesy Scrambled Eggs
  - Multi-Grain Cheerios Cereal w/ Graham Crackers
  - Frosted Shredded Wheat 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

#### FRIDAY

5

- 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

8

- 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

9

- 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

10

- Breakfast Entrée
- Fluffy Pancakes
  - Multi-Grain Cheerios Cereal w/ Graham Crackers
  - Frosted Shredded Wheat 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

11

- Breakfast Entrée
- Egg & Cheese Croissant Sandwich
  - Multi-Grain Cheerios Cereal w/ Graham Crackers
  - Frosted Shredded Wheat 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

12

- 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

15

- 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

16

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

17

- Breakfast Entrée
- Turkey Ham & Cheese Biscuit Sandwich
  - Multi-Grain Cheerios Cereal w/ Graham Crackers
  - Frosted Shredded Wheat 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

18

- Breakfast Entrée
- Egg & Cheese English Muffin Sandwich
  - Multi-Grain Cheerios Cereal w/ Graham Crackers
  - Frosted Shredded Wheat 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

19

- 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

<b>22</b> Breakfast Entrée • Apple Cinnamon Cheerios Cereal • Strawberry Banana Yogurt Cup • Mini Sausage Wrapped Pancakes • Cheerios Cereal 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	<b>23</b> 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	<b>24</b> Breakfast Entrée • Frosted Shredded Wheat Cereal • Strawberry Banana Yogurt Cup • Turkey Sausage Breakfast Pizza • Multi-Grain Cheerios Cereal w/ Graham Crackers 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	<b>25</b> Breakfast Entrée • Turkey Ham & Cheese Croissant Sandwich • Multi-Grain Cheerios Cereal w/ Graham Crackers • Frosted Shredded Wheat 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	<b>26</b> 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
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<b>29</b>	<b>30</b>
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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

1

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

#### TUESDAY

2

Lunch Entrée  
 • Fresh-Made Cheesy Chicken Tacos on Flour Tortillas  
 • Juicy Hamburger  
 • 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

#### WEDNESDAY

3

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

#### THURSDAY

4

Lunch Entrée  
 • Popcorn Chicken  
 • Halal Beef Hotdog  
 • Fresh BBQ Chicken Salad  
 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

#### FRIDAY

5

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

8

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  
 • Fat Free Strawberry Milk Local

9

Lunch Entrée  
 • Crispy Chicken Patty Sandwich  
 • Cheesy Chicken Quesadilla  
 • 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  
 • Fat Free Strawberry Milk Local

10

Lunch Entrée  
 • Sweet & Sour Popcorn Chicken w/ Brown Rice  
 • 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  
 • Fat Free Strawberry Milk Local

11

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  
 • INACTIVE 100% Orange-Pineapple Juice  
 • Raisins Box  
 Milk  
 • 1% Low Fat White Milk Local  
 • Fat Free Chocolate Milk Local  
 • Fat Free Strawberry Milk Local

12

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  
 • Fat Free Strawberry Milk Local

15

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  
 • Fat Free Strawberry Milk Local

16

Lunch Entrée  
 • BBQ Chicken Panini  
 • Grilled Cheeseburger  
 • Crispy Chicken Nugget Salad w/Croutons  
 Vegetables  
 • Cheesy Mexican Mix Refried Beans  
 • Fresh Baby Carrots  
 • Fresh Broccoli Florets  
 • Fresh Celery Sticks  
 • Fresh Salsa  
 Fruit  
 • Diced Pears  
 • 100% Fruit Punch Juice  
 • Raisins Box  
 Milk  
 • 1% Low Fat White Milk Local  
 • Fat Free Chocolate Milk Local  
 • Fat Free Strawberry Milk Local

17

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  
 • Fat Free Strawberry Milk Local

18

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  
 • Fat Free Strawberry Milk Local

19

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  
 • Fat Free Strawberry Milk Local

<b>22</b> Lunch Entrée • Nutty Noodle Bowl • Down Home Chicken & Waffles • Peanut Butter & Jelly Uncrustable w/ Cheese & Goldfish Vegetables • Buttery Steamed Corn • Fresh Baby Carrots • Fresh Broccoli Florets • Fresh Tomato Wedges Fruit • INACTIVE 100% Orange-Pineapple Juice • Cinnamon Applesauce • Strawberry Craisins Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local • Fat Free Strawberry Milk Local	<b>23</b> Lunch Entrée • Spaghetti Meatsauce • Beef Nachos • Turkey Ham & Cheese Salad Grain • Homemade Croutons Vegetables • Fresh Salsa • Charro Beans without Jalapeños • Fresh Baby Carrots • Fresh Cucumber with Zesty Lemon & Chili • Fresh Broccoli Florets Fruit • 100% Grape Juice • Mixed Tropical Fruit • Raisins Box Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local • Fat Free Strawberry Milk Local	<b>24</b> Lunch Entrée • Orange Chicken • Cheese Quesadilla • 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 • Fat Free Strawberry Milk Local	<b>25</b> Lunch Entrée • Southern Chicken Bowl w/ Mashed Potatoes & Corn • Cheese Stuffed Sticks • Turkey Ham & Cheese Salad Vegetables • Spiced Green Beans • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Roasted Garbanzo Beans Fruit • 100% Fruit Punch Juice • Fresh Banana • Raisins Box Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local	<b>26</b> 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 • Fat Free Strawberry Milk Local
<b>29</b>	<b>30</b>			

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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