

# The Bolt | October 2024

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



## A WELCOME MESSAGE BY ADMINISTRATION

Dear Silver Streak Families,

Thank you for coming out and supporting the school with our September PTO meeting, our Open House evenings, and our Dads Take Your Kids to School Day. We had AMAZING participation. Our Silver Streaks continue to average 90% or higher for attendance during the month of September for each grade level. The students are increasing their Accelerated Reader (AR) points in each grade level and we appreciate all the support to read each night for thirty minutes. WE love giving out the reading awards during lunch as students hit benchmarks for the number of words read, a specific number of points for a gold coin to the book vending machine, or a certificate for leveling up in Reading Plus. We appreciate the support of the Lake Wales Charter Schools Foundation as we continue to receive support for students to perform with the AR program.

As we continue our journey with the International Baccalaureate Primary Years Programme (IB PYP), we are focusing on activities and procedures in the classroom to increase student agency. Student agency is "giving children the power to act in their own learning." This means that we need to give students both the option to make choices to direct their own learning and the information they need to make strong choices to empower themselves. The terms "voice" and "choice" come up a lot around student agency and "voice and informed choice" is used when making decisions for learning in the classroom.

The term "student agency" often overlaps with the language around assessments because our teachers use assessment data as a foundation to help build student voice and choice. John Hattie's work shows us that when students have agency and efficacy within their learning and understand their growth and mastery of academic content, they are assessment-capable learners.

Currently, the students are updating their student data folders from progress monitoring to make academic goals and to reflect on the progress that is needed this year. We look forward to seeing our families on campus for our conference day on October 18th. Please reach out to your child's teacher to reserve those times.

Please remember to reach out to either of us for any concerns, questions, or suggestions. Please remember to interact with the Parent Portal and join New Worlds Reading at [www.newworldsreading.com](http://www.newworldsreading.com) to get books sent to your home!

### EARLY RELEASE

October 17, 2024

12:40pm

No School

October 18, 2024

### OCTOBER CALENDAR

- Oct 2- Fall Picnic Day
- Oct 4- PTO Meeting at 8:15am
- Oct 7-11- FTE Week
- Oct 9- Paint Along (3-5)
- Oct 11- Croc Day/ Night of Cheer at 6:00pm
- Oct 16- AR Party
- Oct 17- Early Release at 12:40pm
- Oct 18- No School
- Oct 21- 2nd Nine Weeks Begins
- Oct 22- Grades Due for 1st Nine Weeks
- Oct 23- PBIS Party
- Oct 24- Migrant Night at 6:00pm
- Oct 25- Team Shirts/ SAC Meeting at 1:00pm
- Oct 28-Nov 1- Red Ribbon Week/ Care Center Food Drive
- Oct 31- PTO Fall Photos

READ 30





# Classroom News



## Kindergarten

Kindergarten is currently working on writing on the line and using finger space. We have started our UFLI Phonics, learning two letters a week and the sounds associated with the letters. This will be building up to where they will be having to write down the sounds they hear during our UFLI Weekly Review. Students are being tested on their sight words that are in their homework packet each week. Math we are learning about making groups with more, less, and equal. We are also learning numbers 0-10; writing, identifying, and drawing that amount.

Please complete homework packets with your child, as this reflects in their learning and their overall grades. If they are not turning in their homework, it will be an automatic zero and will bring down their grade.

## First Grade

The First Graders are proudly displaying their reading abilities and eager to learn more. The teachers are encouraging the students to read all of their directions twice and re-read as necessary in all subject areas. The students are becoming more responsible for their reading in the ELA block learning the various genres and story elements. In Math the students are using various manipulatives to solve word problems and computation problems, successfully. In Social Studies the students are becoming more aware of their community and the world around them. In Science the students are working on various ways to classify matter and identifying the difference between living vs. nonliving. So, as you can see, our First Graders are very busy at school. Please continue to express the importance of homework and please remember to sign the High Frequency Word Sentence page and review UFLI nightly.





# Classroom News



## Second Grade

During the month of October Second grade will be focusing on the following:  
ELA: Exploring expository text  
Math: Writing numbers (expanded form, standard form, base ten and word form), greater than and less than  
Science: Scientific Method  
Social Studies: Drug and Bullying awareness/prevention

## Third Grade

During the month of October third grade will be focusing on where we are in place and time for our transdisciplinary theme. We will be focusing on understanding different relationships in relation to different places and times. Students will make different connections to space and time throughout the unit that will help them develop as inquirers, being reflective and becoming knowledgeable learners. The students will start to work on the key concepts of form and change through the related concepts of growth and similarities.

Some important dates are:

Oct. 2nd Fall Picture Day

Oct. 7th-11th FTE Week

Oct. 17th- End of the 1st 9weeks

Oct. 17th Early Release @12:45

Oct. 18th NO SCHOOL (Teacher Work Day)- Conference Day

Oct. 29th- Nov. 1st RED RIBBON WEEK and Care Center Can Food Drive





# Classroom News



## Fourth Grade

Greetings #1 Parents!

Fourth grade is excited to announce that we are the proud recipients of a grant sponsored by the Lake Wales Library Association. This sponsorship covers the cost of attendance for all of our 4th graders and transportation fees to the Cracker Storytelling Festival held in November. We are incredibly grateful for this opportunity! In October, our grade level will also be selling Fall/seasonal rubber duckies as a fundraiser, as well as host several dress down days. Please make sure to participate, as these funds are used for our fourth grade students in many capacities; future field trips, breakfast during state testing, etc.

In reading, we are learning about figurative language, informational texts, primary and secondary sources, in addition to comparing and contrasting texts.

In math we are growing our multiplication automaticity through the practice of division, inverse relationships, and properties of multiplication.

For science this month, we will delve into learning about rocks through many hands-on experiences.

Parents, the weeks are already flying by, please ensure you have access to the parent portal which helps you stay up to date with your child's grades to avoid any surprises. As always, reach out to your child's teacher with any questions or concerns.

Respectfully,  
Your Fourth Grade Teachers

## Fifth Grade

Happy Fall from 5th Grade!

Testing has been concluded. Your child should be settled in with their routines and procedures in the classroom. Please schedule conferences to review your child's test scores, strengths and opportunities.

5th grade has the Turkey Jamboree coming up. Meaningful conversations with your child about being respectful, responsible and safe, in and out school, would be helpful. Please plan to join us by becoming a parent chaperone. You can use the following link to apply.

<https://www.lwcharterschools.com/getinvolved>

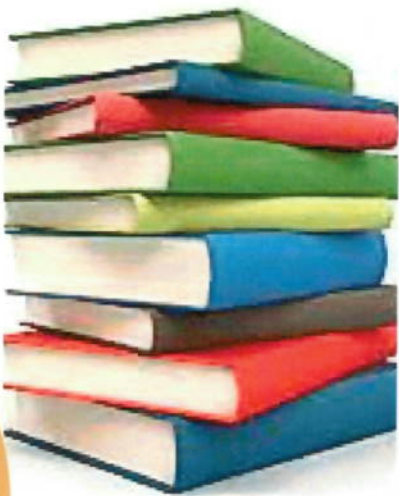
-Turkey Jamboree (Legion Field) - Tuesday 11/17

Permission slip and payment will be forthcoming

Last but not least, the Great American Teach-In is coming up in November. It provides an opportunity for parents and members of the community to come in and speak with students about their occupations, hobbies or areas of interest. Any interested family members should contact their child's teacher to participate. We would love to have you!







## PTO

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PTO meeting will be held on Friday, October 4, 2024 at 8:15am in the PLC room.

## SAC

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Our first SAC Meeting will be held on Friday, October 25th at 1:00pm in the PLC room





## parent Tips

Read 30 minutes each night.

Support homework  
Homework helps children  
practice study skills and  
develop a sense of  
responsibility.

## PYP-IB Information

What is an IB PYP school?  
What makes PYP schools unique is "how" students are taught, versus "what" students are taught. IB PYP schools strive to develop internationally-minded students who are able to understand themselves and others, fostering the attributes necessary to thrive within a global society. The PYP focuses on the development of the whole child as an engaged inquirer, demonstrating ownership for their learning both in and outside of the classroom. In the PYP classroom, learning is concept based rather than topic based, taking place through a Transdisciplinary lens. PYP Teachers also teach students multiple Approaches to Learning, so that students are equipped with the skills essential to becoming lifelong learners.

# READ 30







# Janie Howard Wilson Elementary

## Red Ribbon Week!

The 2024 National Red Ribbon Week theme is: “Life is a Movie, Film Drug Free”

The theme is a reminder that everyday Americans across the country make significant daily contributions to their communities by being the best they can be because they live Drug-Free!



*Monday, October 28- Be “Red”y to Say No to Drugs..... Wear Red!*



*Tuesday, October 29- Follow Your Dreams, Not Drugs.... Wear Pajamas!*



*Wednesday, October 30- Let’s Sock It to Drugs. Wear your silly socks!*



*Thursday, October 31- Scare Away Drugs... Wear your costume!*



*Friday, November 1- Team Up Against Drugs.... Wear your favorite team jersey or shirt!*



**DRUGS ARE SCARY**

WEAR YOUR STORY  
BOOK COSTUME

PTO FALL PHOTO  
BOOTH

**OCTOBER 31ST**

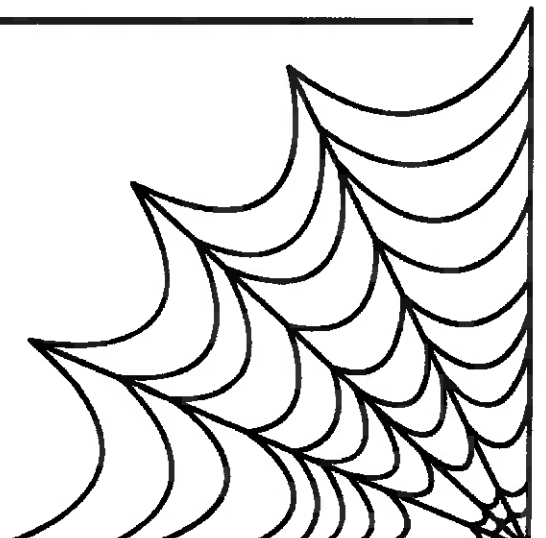


Student Name: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Number of Photos: \_\_\_\_\_

**\$5.00 per photo**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>Daily Offerings:</b></p> <ul style="list-style-type: none"> <li>• Assorted Cereals</li> <li>• 1% White Milk</li> <li>• Fat Free Chocolate Milk</li> <li>• Fat Free Strawberry Milk</li> <li>• Fresh Fruit</li> <li>• Fruit Cup</li> <li>• 4oz Juice 100%</li> </ul>	<p><b>Center Plate</b>            Entrée            • Pancake Wrapped Turkey Sausage  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Chicken Biscuit  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Grain            • Warm Toast            Meat/Meat Alternate            • Scrambled Eggs  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • English Muffin with Turkey Sausage and Cheese  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>Center Plate</b>            Breakfast Entrée            • Cheesy Toasted Bagel  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Mini Strawberry Creamy Cheese-Filled Bagels  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Egg and Cheese Biscuit  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Grain            • Warm Toast            Meat/Meat Alternate            • Turkey Sausage Patty  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Lunch Entrée            • Breakfast Egg &amp; Cheese Quesadilla  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>Center Plate</b>            Breakfast Entrée            • Turkey Ham &amp; Cheese English Muffin Sandwich  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Turkey Sausage Breakfast Pizza  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Turkey Sausage Biscuit  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Toasted Bagel            Misc            • Cream Cheese Cup  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Southwest Breakfast Burrito  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>Center Plate</b>            Breakfast Entrée            • Egg &amp; Cheese Bagel Sandwich  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Entrée            • Pancake Wrapped Turkey Sausage  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • Chicken Biscuit  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Grain            • Warm Toast            Meat/Meat Alternate            • Scrambled Eggs  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>	<p><b>Center Plate</b>            Breakfast Entrée            • English Muffin with Turkey Sausage and Cheese  <b>Cold Bar</b>            Grain            • Assorted Cereals            • Assorted Graham Crackers            Meat/Meat Alternate            • Assorted Yogurts            • Mozzarella String Cheese            Assorted Fruit Options            Assorted Milk Options</p>

**28****Center Plate****Breakfast Entrée**

- Cheesy Toasted Bagel

**Cold Bar****Grain**

- Assorted Cereals
- Assorted Graham Crackers

**Meat/Meat Alternate**

- Assorted Yogurts
- Mozzarella String Cheese

**Assorted Fruit Options****Assorted Milk Options****29****Center Plate****Breakfast Entrée**

- Mini Strawberry Creamy Cheese-Filled Bagels

**Cold Bar****Grain**

- Assorted Cereals
- Assorted Graham Crackers

**Meat/Meat Alternate**

- Assorted Yogurts
- Mozzarella String Cheese

**Assorted Fruit Options****Assorted Milk Options****30****Center Plate****Breakfast Entree**

- Egg and Cheese Biscuit

**Cold Bar****Grain**

- Assorted Cereals
- Assorted Graham Crackers

**Meat/Meat Alternate**

- Assorted Yogurts
- Mozzarella String Cheese

**Assorted Fruit Options****Assorted Milk Options****31****Center Plate****Grain**

- Warm Toast
- Meat/Meat Alternate
- Turkey Sausage Patty

**Cold Bar****Grain**

- Assorted Cereals
- Assorted Graham Crackers

**Meat/Meat Alternate**

- Assorted Yogurts
- Mozzarella String Cheese

**Assorted Fruit Options****Assorted Milk Options**

**What comes with a reimbursable breakfast meal?:** Milk choice is offered with each reimbursable meal. , Up to one full cup of fruit may be selected with each reimbursable breakfast.

**Nutrition & Allergen Information (NSLP):** Nutrition and Allergen information is based on data obtained from manufacturers and may vary due to product substitutions, recipe variations and even customer choice and personal consumption. , If you or any individual on whose behalf you are using this tool have a medical condition please check the manufacturer label before consuming any food at your dining location. , This information and the menus can change regularly and foods are substituted periodically without notice. To obtain the most updated information contact your café manager. , In our reimbursable meal programs, a variety of milk choice is offered. , In our offer versus serve programs, each reimbursable breakfast must include at least 3 items, one of which must be at least a half-cup fruit selection. , In our offer versus serve programs, each reimbursable lunch must include at least 3 components, one of which must be at least a half-cup fruit or vegetable selection.

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### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

- Daily Offerings:**
- 1% White Milk
  - Fat Free Chocolate Milk
  - Fat Free Strawberry Milk
  - Fresh Fruit
  - Fruit Cup
  - 4oz Juice 100%

**1**

- Center Plate**  
Lunch Entrée
- Orange Fusion Chicken Tacos
- Vegetables**
- Sofrito Black Beans
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
- All American Grill**  
Lunch Entrée
- Fiesta Beef Pizza
- Vegetables**
- Sofrito Black Beans
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
- Deli Delights**  
Lunch Entrée
- Layered Taco Bistro Box w/ Tortilla Chips
- Vegetables**
- Sofrito Black Beans
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
- Assorted Fruit Options  
Assorted Milk Options

**2**

- Center Plate**  
Lunch Entrée
- Crispy Chicken Parmesan Sandwich
- Vegetables**
- Herb Roasted Broccoli
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
- All American Grill**  
Lunch Entrée
- Bacon Cheeseburger
- Vegetables**
- Herb Roasted Broccoli
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
- Deli Delights**  
Lunch Entrée
- Layered Taco Bistro Box w/ Tortilla Chips
- Vegetables**
- Herb Roasted Broccoli
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
- Assorted Fruit Options  
Assorted Milk Options

**3**

- Center Plate**  
Lunch Entrée
- Meatballs with Gravy
- Grain**
- Brown Rice
- Vegetables**
- Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
  - BBQ Baked Beans
- All American Grill**  
Lunch Entrée
- Grilled Cheese Sandwich
- Vegetables**
- Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
  - BBQ Baked Beans
- Deli Delights**  
Lunch Entrée
- Layered Taco Bistro Box w/ Tortilla Chips
- Vegetables**
- Fresh Cucumbers
  - Fresh Carrots
  - Fresh Broccoli
  - BBQ Baked Beans
- Assorted Fruit Options  
Assorted Milk Options

**4**

- Lunch Entrée
- PBJ Uncrustable Cool Pack
- Vegetables**
- Fresh Carrots
- Assorted Fruit Options  
Assorted Milk Options

**7**

- Center Plate**  
Lunch Entrée
- All American Hot Dog 100% WG
- Vegetables**
- Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
  - Oven Crisped Fries
- All American Grill**  
Lunch Entrée
- Backyard BBQ Burger
- Vegetables**
- Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
  - Oven Crisped Fries
- Deli Delights**  
Lunch Entrée
- Entrée Chef Salad (Turkey) w/ Egg & Croutons
- Vegetables**
- Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
  - Oven Crisped Fries
- Assorted Fruit Options  
Assorted Milk Options

**8**

- Center Plate**  
Lunch Entrée
- Cheesy Beef Nachos
- Vegetables**
- Southwest Pinto Beans
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
- All American Grill**  
Lunch Entrée
- Cheesy Chicken Quesadilla
- Vegetables**
- Southwest Pinto Beans
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
- Deli Delights**  
Lunch Entrée
- Entrée Chef Salad (Turkey) w/ Egg & Croutons
- Vegetables**
- Southwest Pinto Beans
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
- Assorted Fruit Options  
Assorted Milk Options

**9**

- Center Plate**  
Lunch Entrée
- Creamy Chicken Alfredo Pasta
- Vegetables**
- Garlic Steamed Broccoli
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery Sticks
  - Petite Tomatoes
- All American Grill**  
Lunch Entrée
- Mini Calzones
- Vegetables**
- Garlic Steamed Broccoli
  - Marinara Sauce
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery Sticks
  - Petite Tomatoes
- Deli Delights**  
Lunch Entrée
- Entrée Chef Salad (Turkey) w/ Egg & Croutons
- Vegetables**
- Garlic Steamed Broccoli
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery Sticks
  - Petite Tomatoes
- Assorted Fruit Options  
Assorted Milk Options

**10**

- Center Plate**  
Lunch Entrée
- Teriyaki Chicken
- Grain**
- Brown Rice
- Vegetables**
- Roasted Oriental Mix
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery Sticks
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
- All American Grill**  
Lunch Entrée
- Fresh Baked Cheese Pizza
- Vegetables**
- Roasted Oriental Mix
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery Sticks
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
- Deli Delights**  
Lunch Entrée
- Entrée Chef Salad with Croutons
- Vegetables**
- Roasted Oriental Mix
  - Fresh Cucumbers
  - Fresh Carrots
  - Fresh Celery Sticks
  - SLA Veg, Tomatoes, Grape/Cherry IW [1/2c V] {RO}
- Assorted Fruit Options  
Assorted Milk Options

**11**

- Center Plate**  
Lunch Entrée
- Fresh Baked Cheese Pizza
  - Fresh Baked Pepperoni (Pork-Free) Pizza
- Vegetables**
- Garden Side Salad
  - Roasted Oriental Mix
- All American Grill**  
Lunch Entrée
- All American Hot Dog
- Vegetables**
- Garden Side Salad
  - Roasted Oriental Mix
- Assorted Fruit Options  
Assorted Milk Options

**14****Center Plate****Lunch Entrée**

- BBQ Chicken with Cheese Sandwich

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- Seasoned Corn

**All American Grill****Lunch Entrée**

- Jumbo Corn Dog

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- Seasoned Corn

**Deli Delights****Lunch Entrée**

- PBJ Uncrustable Cool Pack

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- Seasoned Corn

Assorted Fruit Options

Assorted Milk Options

**15****Center Plate****Lunch Entrée**

- Tex Mex Beef Burrito Bowl

**Grain**

- Brown Rice

**Vegetables**

- Sofrito Pinto Beans
- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}

**All American Grill****Lunch Entrée**

- Cheese Quesadilla

**Vegetables**

- Sofrito Pinto Beans
- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}

**Deli Delights****Lunch Entrée**

- PBJ Uncrustable Cool Pack

**Vegetables**

- Sofrito Pinto Beans
- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}

Assorted Fruit Options

Assorted Milk Options

**16****Center Plate****Lunch Entrée**

- Chicken Nuggets

**Grain**

- Biscuit, 1 oz

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- Cheesy Broccoli

**All American Grill****Lunch Entrée**

- Crispy Buffalo Chicken Sandwich

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- Cheesy Broccoli

**Deli Delights****Lunch Entrée**

- PBJ Uncrustable Cool Pack

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- Cheesy Broccoli

Assorted Fruit Options

Assorted Milk Options

**17****Center Plate****Lunch Entrée**

- Sweet & Sour Chicken Bites

**Grain**

- Lo Mein Noodles

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- SLA Veg, Baked Beans, can 6/10

**All American Grill****Lunch Entrée**

- SLA Chicken Tenders Gold Creek [2M,1.WG]

**Grain**

- Roll

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- SLA Veg, Baked Beans, can 6/10

**Deli Delights****Lunch Entrée**

- PBJ Uncrustable Cool Pack

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- SLA Veg, Peppers, Green Bell, Fresh Slices IW [1/2c V] {O}
- SLA Veg, Baked Beans, can 6/10

Assorted Fruit Options

Assorted Milk Options

**18****Center Plate****Lunch Entrée**

- Fresh Baked Cheese Pizza
- Fresh Baked Pepperoni (Pork-Free) Pizza

**Vegetables**

- Garden Side Salad
- Roasted Oriental Mix Vegetables

**All American Grill****Lunch Entrée**

- All American Hamburger

**Vegetables**

- Garden Side Salad
- Roasted Oriental Mix Vegetables

Assorted Fruit Options

Assorted Milk Options

**21****Center Plate****Breakfast Entrée**

- Mini Waffles

**Lunch Entrée**

- Crispy Chicken Bites

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Seasoned Corn

**All American Grill****Lunch Entrée**

- All American Cheeseburger

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Seasoned Corn

**Deli Delights****Lunch Entrée**

- Turkey & Cheese Sub

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Seasoned Corn

Assorted Fruit Options

Assorted Milk Options

**22****Center Plate****Lunch Entrée**

- Soft Beef Tacos

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Seasoned Black Beans

**All American Grill****Lunch Entrée**

- Queso Blanco Nachos

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Seasoned Black Beans

**Deli Delights****Lunch Entrée**

- Turkey & Cheese Sub

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Seasoned Black Beans

Assorted Fruit Options

Assorted Milk Options

**23****Center Plate****Lunch Entrée**

- Meatballs Marinara Sub

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Garlic Green Beans

**All American Grill****Lunch Entrée**

- Cheesy Bread

**Vegetables**

- Fresh Cucumbers
- Marinara Sauce
- Fresh Carrots
- Fresh Broccoli
- Garlic Green Beans

**Deli Delights****Lunch Entrée**

- Turkey & Cheese Sub

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- Garlic Green Beans

Assorted Fruit Options

Assorted Milk Options

**24****Center Plate****Lunch Entrée**

- Buffalo Chicken Mac and Cheese

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- BBQ Baked Beans

**All American Grill****Lunch Entrée**

- Pulled BBQ Chicken Sandwich

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- BBQ Baked Beans

**Deli Delights****Lunch Entrée**

- Turkey & Cheese Sub

**Vegetables**

- Fresh Cucumbers
- Fresh Carrots
- Fresh Broccoli
- BBQ Baked Beans

Assorted Fruit Options

Assorted Milk Options

**25****Lunch Entrée**

- Fresh Baked Cheese Pizza
- Cheesy Bread
- Pepperoni Pizza

**Vegetables**

- Romaine Garden Side Salad
- Roasted Oriental Mix Vegetables

Assorted Fruit Options

Assorted Milk Options



**Center Plate****Lunch Entrée**

- Oven Fried Chicken

**Grain**

- Biscuit, 1 oz

**Vegetables**

- Fresh Cucumbers
- Fresh Broccoli
- Fresh Carrots
- Seasoned Corn

**All American Grill****Lunch Entrée**

- All American Hot Dog

**Vegetables**

- Fresh Cucumbers
- Fresh Broccoli
- Fresh Carrots
- Seasoned Corn

**Deli Delights****Lunch Entrée**

- Layered Taco Bistro Box w/ Tortilla Chips

- Entrée Crispy Chicken Salad with Croutons

**Vegetables**

- Fresh Cucumbers
- Fresh Broccoli
- Fresh Carrots
- Seasoned Corn

**Assorted Fruit Options****Assorted Milk Options****Center Plate****Lunch Entrée**

- Chicken Walking Tacos w/ Fritos

**Vegetables**

- Fresh Celery Sticks
- Fresh Carrots
- Fresh Green Bell Peppers
- Sofrito Pinto Beans

**All American Grill****Lunch Entrée**

- BBQ Beef Tips Sandwich

**Vegetables**

- Fresh Celery Sticks
- Fresh Carrots
- Fresh Green Bell Peppers
- Sofrito Pinto Beans

**Deli Delights****Lunch Entrée**

- Entrée Crispy Chicken Salad with Croutons

**Vegetables**

- Fresh Celery Sticks
- Fresh Carrots
- Fresh Green Bell Peppers
- Sofrito Pinto Beans

**Assorted Fruit Options****Assorted Milk Options****Center Plate****Lunch Entrée**

- Meat Sauce

**Grain**

- Rotini Pasta

**Vegetables**

- Broccoli Parmesan
- Fresh Celery
- Fresh Carrots
- Fresh Green Bell Peppers

**All American Grill****Lunch Entrée**

- Crispy Chicken Sandwich

**Vegetables**

- Broccoli Parmesan
- Fresh Celery
- Fresh Carrots
- Fresh Green Bell Peppers

**Deli Delights****Lunch Entrée**

- Entrée Crispy Chicken Salad with Croutons

**Vegetables**

- Broccoli Parmesan
- Fresh Celery
- Fresh Carrots
- Fresh Green Bell Peppers

**Assorted Fruit Options****Assorted Milk Options****Center Plate****Lunch Entrée**

- Mandarin Orange Chicken Bites

**Grain**

- Brown Rice

**Vegetables**

- Fresh Celery
- Fresh Carrots
- Fresh Green Bell Peppers
- Garlic Green Beans

**All American Grill****Lunch Entrée**

- Grilled Cordon Bleu Chicken Sandwich

**Vegetables**

- Fresh Celery
- Fresh Carrots
- Fresh Green Bell Peppers
- Garlic Green Beans

**Deli Delights****Lunch Entrée**

- Entrée Crispy Chicken Salad with Croutons

**Vegetables**

- Fresh Celery
- Fresh Carrots
- Fresh Green Bell Peppers
- Garlic Green Beans

**Assorted Fruit Options****Assorted Milk Options**

**What comes with a reimbursable lunch meal?:** Milk is offered with each reimbursable meal.

**Nutrition & Allergen Information (NSLP):** Nutrition and Allergen information is based on data obtained from manufacturers and may vary due to product substitutions, recipe variations and even customer choice and personal consumption. , If you or any individual on whose behalf you are using this tool have a medical condition please check the manufacturer label before consuming any food at your dining location. , This information and the menus can change regularly and foods are substituted periodically without notice. To obtain the most updated information contact your café manager. , In our reimbursable meal programs, a variety of milk choice is offered. , In our offer versus serve programs, each reimbursable breakfast must include at least 3 items, one of which must be at least a half-cup fruit selection. , In our offer versus serve programs, each reimbursable lunch must include at least 3 components, one of which must be at least a half-cup fruit or vegetable selection.



# FPMA

# KARATE

**KIDS TEENS ADULTS**  
**CLASSES AVAILABLE**

We offer classes for kids ages 4-9 on Tuesdays and Thursdays from 4:15PM-5:00PM and kids 10-15 on Mondays and Wednesdays from 5:00PM-6:00PM and kids of all ages on Fridays from 5:00PM-6:00PM

**CALL OR TEXT US AT (863)219-3212**

