



# THS E-NEWS

September 21st, 2018

## ANNOUNCEMENTS

- Interested in events happening in our community? Use this link to find out more!  
[www.talawanda.org/resources/community-events-%2Bactivities-36/](http://www.talawanda.org/resources/community-events-%2Bactivities-36/)
- Each year, sophomore students are invited to participate in the Talawanda PRIDE Day Program! PRIDE stands for People Respecting Individual Differences Everyday. With this program our goal is to build a healthy community and help stop the teasing, violence, and alienation that is an unnecessary part of the school experience for millions of young people. PRIDE Day is a powerful and transformational day that can change the way young people view each other forever. It is a day of fun, friendship, and new possibilities. There are 2 sessions with sophomores assigned based on the first letter of the last name. Reverse permission slips will be distributed in Biology classes on Monday 9/24. If you want your sophomore to participate, do nothing. If you do not want him/her to attend please complete the bottom of the form and return to Teresa Peter in the counseling office. If you have questions, you can contact Teresa at 513-273-3223.
- Students (and parents!) interested in traveling to Italy and Greece with Ms. Mann and Mr. Tincher in June 2019 should attend an informational meeting on Tuesday, September 25, at 7:00 \*immediately after parent/teacher conferences\* in room 319. Hope to see you there!
- Paws for a Cause will be at the Hike-a-Thon on September 29<sup>th</sup> from 9a-2p. Come take a hike and help them fundraise for a service dog park!
- Oct. 10<sup>th</sup> FAFSA Day 10:00 am – 7 pm in the Media Center
- Mock Trial Practices, Mondays & Thursdays 4:50-6:50 in Room 417 THS

## Guidance Announcements

- The process of applying to college can be intimidating, and many students worry about one aspect in particular: the ACT test. A great ACT score can open doors to funding and admission. Therefore, we are offering our students a FREE practice ACT test at Talawanda High School. We have partnered with TorchPrep, an innovative test training program that helps students improve their ACT scores. The test will be given at THS on Saturday, October 6th at 10AM. TorchPrep will meet with students on October 18 during the school day to go over results. Students must register online by October 3rd.  
[www.torchprep.com/courses/cincinnati/free-practice-test-talawanda/](http://www.torchprep.com/courses/cincinnati/free-practice-test-talawanda/)
- Applications for nominations to the U.S. Service Academies are now open for seniors seeking admission during the summer of 2019. The deadline is October 31st so see your counselor for details.
- Purdue University is offering a program called Seniors Exploring Engineering on Monday, October 15th, 2018. The program is geared toward young women in their senior year who are trying to determine if engineering at Purdue University is a good fit for them. Students will explore their choice of two engineering disciplines, obtain knowledge regarding the first-year engineering program, admissions, student life, and engineering in the "real world." Campus tours are offered with an opportunity to meet Purdue professors, current engineering students, and some awesome women alumni. You should register early at [www.purdue.edu/WIEP](http://www.purdue.edu/WIEP)

# COFFEE WITH DR. THEROUX

Don't miss an opportunity to meet the NEW Talawanda Superintendent on September 26th from 7:30am-9am at Patterson's Cafe!



SPONSORED BY THE TALAWANDA BOARD OF EDUCATION AND THE OXFORD CHAMBER OF COMMERCE



PLEASE COME CELEBRATE WITH US  
THE MARVIN WILHELM  
SPORTS COMPLEX  
DEDICATION

09.28.18 | 6PM | TALAWANDA HIGH

CONGRATULATIONS!

# 2018 HALL OF FAME CLASS!

C.D. Butcher (1988)

Cheri Clawson Corcoran (1978)

Joseph L. Cox IV (1988)

Scott Gibson (1969)

Shelly Simonds (1986)

Bill Winkler (1958)

Hanover Basketball Team 1940-41

BANQUET - SEPTEMBER 27, 2018

@THS

DINNER AT 5:30PM,  
PROGRAM AT 7:00PM





Click here to print a PDF of this article so you can start a conversation with your child

Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at:  
[PreventionActionAlliance.org](http://PreventionActionAlliance.org)

Know! is a program of:

Prevention  
Action Alliance



Link to the article on the Prevention Action Alliance Facebook page



Link to the Spanish archives

Prevention Action Alliance  
6171 Huntley Road, Suite G  
Columbus, Ohio 43229  
PH: (614) 540-9985  
FX: (614) 540-9990

Start Talking!



Building a Drug-Free Future

## Know! The Key Skills for Your Child's Academic Success



As teens begin a new school year, we have the opportunity to help them start strong and stay on track toward academic success. We all know the importance of academic achievement in shaping the minds of our children, giving them a competitive edge to further their education and to better prepare them for future careers. In addition, research shows there are health benefits as well—as young people who achieve higher grades in the classroom also don't use drugs.

A past national Youth Risk Behavior Survey (YRBS) showed that students with higher grades were significantly less likely to drink, smoke marijuana, or abuse prescription drugs. This association doesn't prove causation, but it certainly provides families even greater motivation to make academic achievement a priority as it further sets young people up for success later in life.

With that in mind, let's kick off this school year right by helping our students strengthen and maintain these 5 Key Skills for Academic Success:

- 1. Organization:** Sometimes academic challenges have more to do with organization than with intellect. Help your child get organized with these simple tips:
  - Have them make a checklist of what they need to bring to and from school each day, then post it on whatever door they head out of each morning.
  - Help them develop a system of keeping track of and organizing in-school and at-home assignments.
- 2. Time Management:** This is the classic, "wait until the night before an assignment is due to begin working on it, even though they've had weeks to complete it" syndrome. Every student has likely been there at some point, but we want to guide our children toward better time management:
  - Have them track assignments on a monthly calendar and teach them to work backwards from the due date to break it down into smaller, nightly tasks.
  - Work with your child to figure out how much time is being



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spent on homework weekly and help them divide that time into manageable chunks.

- With your child's input, choose a specific time block each afternoon or evening for studying and homework, and help your child stick to it.

**3. Prioritization:** Mounting piles of homework can become overwhelming. Without knowing where to begin, a student can easily fall behind and get off track for turning in assignments. Teach your child how to prioritize with these tips:

- Have your child write down all the things he or she needs to get done, including non-school-related items and activities.
- Ask your child to label each task from 1 to 3, with 1 being the most important.
- If your child is labeling all social activities as 1, you'll need to help them refocus and readjust their list to better prioritize for academic success.
- Have your teen then rearrange the list so that the 1s are at the top. Be sure they check the items off the list as they complete them—it feels good and is a real motivator to keep going!

**4. Concentration:** Designate an area for homework and studying that is free from interruptions and distractions, which typically means no phone, no TV, no playing games or checking social media on the computer, and—depending on your household—it may also mean keeping siblings out of this workspace as well.

**5. Motivation:** No matter what a person is trying to achieve, motivation is a key factor. A child may sincerely want to do well in school but may not have the drive to put in the work to make it happen. Help them find their motivation by tapping into their interests:

- If your son is learning about percentages, ask him to figure out the price of a discounted pair of *Jordan* or *Huarache* shoes. If your daughter is passionate about music, give her books about musicians and help her learn the connections between music and foreign languages. It's about finding the drive to accomplish a goal.
- Give your child control and choices. With guidance, let them be the one to determine their study hours and organizing system.
- Encourage your child to share their expertise. It is motivating for them to be able to teach you something.
- Be sure to hand out plenty of praise, give them pats on the back, and sincerely celebrate their successes!

It takes a combination of skills—organization, time management, prioritization, concentration and motivation—to achieve academic success. You know your child better than anyone. Work with them to identify problem areas, focus on the skills that need strengthened, and strive to help your son or daughter maintain the ones they've mastered. With your support and guidance, your child will be better prepared to start the school year off strong and remain on the road to success, both in and out of the classroom.



Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.

Empowering Parents To Raise Their Children To Be Substance-Free



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Sources: [Centers for Disease Prevention and Control: Alcohol and Other Drug Use and Academic Achievement - 2009 National Youth Risk Behavior Survey \(YRBS\)](#), [GreatSchools.org: Parenting – Smart Strategies - 5 key skills for academic success](#). February 20, 2016.

Visit [starttalking.ohio.gov](http://starttalking.ohio.gov) to get the conversation going !!!



Multiple classes at Talawanda High School and World Language students attended the performance of CORAZÓN DE MÉXICO in the Performing Arts Center Friday at Talawanda High School, September 21.

CORAZÓN DE MÉXICO performed a variety of typical Mexican dances while wearing traditional outfits. Among the performers, the audience appreciated the “Lasso” performance done by 12-year-old Joaquin. Students volunteered to practice the “handkerchief” moves from one of the dances. Students saw for the first time the variety of traditional outfits and dances that come from the many Mexican States like the states of Veracruz , Nuevo León, Jalisco and Guerrero!

This is part of the Miami University’s Center for American and World Cultures Latin American and Caribbean UniDiversity Festival Outreach Program with the Talawanda School District and it is part of National Hispanic- Latino/a Heritage Month Celebration in our community.



## THS Calendar of Events Sept. 23rd to 29th, 2018

### **Monday, September 24th**

2:45 – 5:30pm Fall Show Rehearsal, THS PAC  
3 – 7pm Conference make up day  
4 – 6:30pm Branding, Media Center

4:00pm Girls JV Tennis vs. Monroe (away)  
4:00pm Girls Varsity Tennis vs. Monroe (home)  
4:00pm Boys JV Golf vs. Bishop Fenwick (away)  
4:00pm Boys Varsity Golf vs. Monroe (home)  
4:00pm Varsity Girls Golf vs. Harrison (away)  
5:00pm Varsity Cross Country vs. Madison (away)

### **Tuesday, September 25th**

6:30am – 3pm Hearing and Vision Screenings, 517 and Clinic  
10:30 – 11am Freshman class fundraiser meeting, Gym  
10:30 – 11am Sophomore ring mtg, Jostens, PAC  
2:45 – 6:30pm Fall Show Rehearsal, Band room  
3:30 – 7pm 1st Qtr. Conferences  
5 – 7pm Admissions Panel, PAC

9:00am Boys Varsity Golf SWOC tournament at Miami Whitewater (away)  
4:00pm Girls Varsity Tennis vs. Seton (home)  
4:30pm Freshman Volleyball vs. Little Miami (away)  
5:00pm JV Field Hockey vs. Indian Hill (away)  
5:45pm JV Volleyball vs. Little Miami (away)  
6:30pm Varsity Field Hockey vs. Indian Hill (away)  
5:00pm Boys JV Soccer vs. Little Miami (home)  
6:00pm Girls Varsity Soccer vs. Little Miami (away)  
7:00pm Boys Varsity Soccer vs. Little Miami (home)  
7:00pm Varsity Volleyball vs. Little Miami (away)

### **Wednesday, September 26th**

6:30am – 3pm Hearing and Vision Screenings, 517 and Clinic  
11am – 12pm Project Life/Project Search Presentation, PAC  
2 – 5:30pm Fall Show Rehearsal, THS PAC

9:00am Girls Varsity Golf SWOC tournament at Miami Whitewater (away)  
9:00am Girls Varsity Tennis SWOC (away)  
3:45pm Boys Varsity Golf vs. Badin (home)  
3:45pm Boys JV Golf vs. Badin (home)

### **Thursday, September 27th**

6:30am – 3pm Hearing and Vision Screenings, Dingledine, 517 and Clinic  
8am – 2pm Field trip- Best Buddies to Christ Church  
1 – 10pm Hall of Fame Banquet, PAC & Cafeteria  
2:45 – 5:30pm Fall Show Rehearsal, Band room  
4:30 – 7pm Literacy Program, Media Center  
6 – 7pm Wilhelm Memorial Dedication, Football stadium

4:30pm Freshman Volleyball vs. William Henry Harrison (away)  
5:00pm Boys JV Soccer vs. William Henry Harrison (home)  
5:45pm JV Volleyball vs. William Henry Harrison (away)  
7:00pm Boys Varsity Soccer vs. William Henry Harrison (home)  
7:00pm Girls Varsity Soccer vs. William Henry Harrison (away)  
7:00pm Varsity Volleyball vs. William Henry Harrison (away)

**Friday, September 28st**

2:30 – 5:30pm Football meal, Hoskins, Cafeteria

2:45 – 5:30pm Fall Show Rehearsal, THS PAC

7:00pm Varsity Football vs. William Henry Harrison (home)

**Saturday, September 29th**

10:00am JV Football vs. Little Miami (away)

11:00am JV Volleyball vs. Eaton (away)

12:00pm Varsity Volleyball vs. Eaton (away)

12:00pm Freshman Football vs. William Henry Harrison (away)

5:00pm Varsity Cross Country vs. Fairmount (away)



# Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



## BEFORE THE TALK

*Know the facts.*

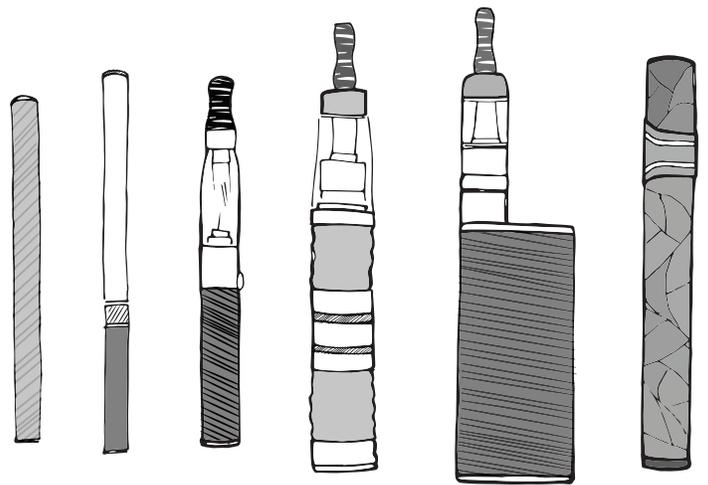
- Get credible information about e-cigarettes and young people at [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov).

*Be patient and ready to listen.*

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

*Set a positive example by being tobacco-free.*

- If you use tobacco, it's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call **1-800-QUIT-NOW**.



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## START THE CONVERSATION

### *Find the right moment.*

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together, such as:
  - » Seeing someone use an e-cigarette in person or in a video.
  - » Passing an e-cigarette shop when you are walking or driving.
  - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



### *Ask for support.*

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

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## ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

### *Why don't you want me to use e-cigarettes?*

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

### *What's the big deal about nicotine?*

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

### *Aren't e-cigarettes safer than conventional cigarettes?*

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

### *I thought e-cigarettes didn't have nicotine—just water and flavoring?*

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) together so you can see for yourself.

### *I (or my friends) have tried e-cigarettes and it was no big deal.*

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

### *You used tobacco, so why shouldn't I?*

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



## KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) with your teen.



Share this page

Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

### *Connect and encourage.*

- You always liked science. Check out the science about e-cigarettes and young people: **E-cigarettes.SurgeonGeneral.gov**
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

### *Remind and repeat.*

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

### *Share facts and resources.*

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease  
Control and Prevention  
Office on Smoking  
and Health



# Ode to My Mother

Rhonda Krehbiel

You are beautiful  
In the way an old weathered book  
is wise  
In the way a sweater stretches and frays  
molding to fit the wearer

Carrying three kids on your back  
On your shoulders  
In your hands  
The burden has laced your kind smile

Because to you, everything  
means something  
Each load of laundry  
is a testimony to clean water

You are beautiful  
In the way I don't notice until you bake  
With dowries on your fingers  
Brushing flour from your cheeks



*Setting Stone Literary-Art Magazine earned a Gold Medal rating for their recent publication from the Columbia Scholastic Press Association. The magazine, which was published in at the end of the 2017-2018 school year, was the first to be printed in four years. Learn more about Setting Stone at [settingstone.org](http://settingstone.org).*

If you have Internet access to sign up your child electronically for Talawanda Destination Imagination, please use the link

<https://goo.gl/forms/ATcynFFhZSzxLw53> or scan this QR code:



If you need to sign up using a paper form, that's OK! Please have your student turn this form in to the Main Office at their school by October 1st. Teams are already forming!

Destination Imagination participation requires a \$75 fee to pay for program expenses. There are need based scholarships provided by generous donations from community partners.

Student Name \_\_\_\_\_ male: \_\_\_ female: \_\_\_

Birthdate \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Parent Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

Parent Email \_\_\_\_\_

**Students:** \_\_\_\_\_ I am new to Destination Imagination  
\_\_\_\_\_ I have participated in DI in previous years but need a new team assignment  
\_\_\_\_\_ I would like to remain on the same team I was on last year (**if possible**).

**Name of Previous Manager/Coach** \_\_\_\_\_

**Parents:** \_\_\_\_\_ I would be willing to be a team manager; manager training is provided.  
\_\_\_\_\_ I am willing to volunteer at the regional tournament (2 hour shift)  
\_\_\_\_\_ I am willing to be an appraiser (judge) at the regional tournament  
\_\_\_\_\_ I am willing to help fundraise  
\_\_\_\_\_ I am willing to donate items for the raffle basket

Parent(s) Signature: \_\_\_\_\_

# ATHLETIC SPORTS PASSES

2018-2019

## ALL SPORTS PASS

Good for **ALL** sports, **ALL** year, at **BOTH T.H.S. and T.M.S**

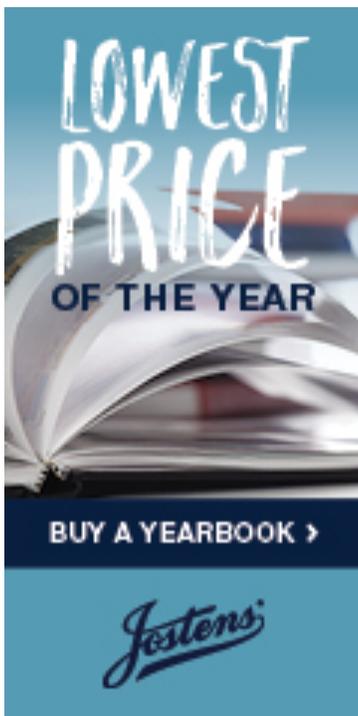
### INDIVIDUAL All Sports Pass:

Student.....\$75.00  
Adult.....\$130.00

FAMILY All Sports Pass.....\$250.00

(Immediate family members only, maximum 5 passes)  
(Each additional family pass \$20)

**Greater Oxford area Senior Citizen's.** The Talawanda School District would like to provide an opportunity for senior citizens within the community to participate in our school activities. We would like to take this opportunity to show our gratitude for all your years of support to the Talawanda community by providing The Braves Card. With this card you will receive free admission to all Talawanda sponsored athletic and musical events.



❖ Yearbooks are now on sale for the lowest price of the year - \$55.00! They can be ordered online at [www.jostens.com](http://www.jostens.com) or you can fill out an order form from Mr. Zimmerman in room 301 at the High School! The price goes up soon, so order today!

❖ Seniors - Your senior pictures are due to Mr. Zimmerman for the yearbook by March 1st, 2019. Please email a file larger than 1 MB to [zimmermana@talawanda.org](mailto:zimmermana@talawanda.org) to make sure you get in the book one last time at Talawanda! If you cannot afford senior pictures but would still like some professional looking photographs for your family, please see Mr. Zimmerman in room 301 and the yearbook staff will be happy to help!

# Order Your Yearbook Now!

## PAID RESEARCH STUDY FOR TEEN VOLUNTEERS

The **Understanding Emotions Study**\* is recruiting teen volunteers (ages 13-18) for a research study about emotions. Participation in the study take approximately 60-70 minutes, and teens are paid \$15 for their time. (Some teens may be asked to participate in a short follow-up study, for which they would be compensated \$10). Teens have the option of participating at the Miami Oxford campus or some mutually agreed-upon meeting place (such as home, public library, etc.).

Teens are eligible for the study if they are fluent in English, between the ages of 13-17 (or 18, if still enrolled in high school and living at home), and have a **parent's written permission** (informed consent) to participate. Siblings are OK to participate too.

Contact for the study:

**Family Relationships and Mood (FRAM) Lab**  
**(513) 529-2675 | [FRAMlab@miamioh.edu](mailto:FRAMlab@miamioh.edu)**

**Breakfast offered daily:**

Stop by for fresh hot or cold options.  
 Start your day the smart way with school breakfast.  
 Free or reduced lunch applies to breakfast as well!  
 See breakfast menu for daily choices.

# September 2018

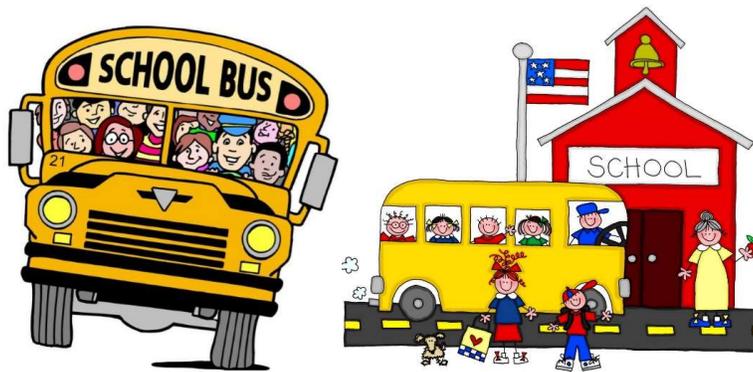
## TALAWANDA HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Pizzeria Style Steak Hoagie on Bun French Fries Peaches	5 Chicken and ranch Wrap Sliced Tomatoes Shredded Lettuce 	6 Meatballs in Sauce Rotini Romaine Salad Garlic Toast See the TALAWANDA Express Daily Menu for everyday favorites!	7 Crispy Popcorn Chicken Mashed Potatoes Sweet Corn Dinner Roll
10 Hot Ham and Cheese on Bun Vegetable Soup Oyster Crackers Applesauce	11 Meatballs On whole Grain Bun French Fries Romaine Salad Fruit Bar 	12 Chicken Fajitas Black Beans & Corn Sliced Tomatoes Shredded Lettuce Fruit Bar	13 Rotini Bake with Meat Sauce & Cheese Romaine Salad Breadstick Fruit Bar	14 Chicken Tender Mashed Potatoes Green Beans Dinner Roll Fruit Bar 
This Institution is an equal opportunity provider.				
17 Corn Dogs Baked Beans Fruit Bar 	18 Pulled Pork On whole Grain Bun Coleslaw Fruit Bar	19 Grilled Cheese Sandwich Tomato Soup Celery Sticks with Peanut Butter Fruit Bar 	20 Italian Lasagna Steamed Broccoli Garlic Toast Fruit Bar	21 Chicken Nuggets Mashed Potatoes Steamed Carrots Dinner Roll Fruit Bar
24 Orange Chicken Asian Rice Steamed Broccoli Fruit Bar 	25 Soft Taco 2 Shredded Lettuce Refried Beans Fruit Bar	26 Cheese Quesadilla Marinara Sauce Cup Romaine Salad Fruit Bar 	27 Cincinnati Chili Spaghetti Shredded Cheddar Cheese Kidney Beans Oyster Crackers Fruit Bar	28 Crispy Popcorn Chicken, WG Mashed Potatoes Dinner Roll Fruit Bar 

Please find carbohydrate counts on our school web site interactive menu

**APPLY NOW FOR  
 2018-2019 FREE  
 LUNCH  
 APPROVAL**

Please turn in free and reduced application as soon as possible. Only one application is needed per family. If you received a letter in the mail stating that you have already been approved, PLEASE do not send in an additional application. Applications will be sent home with your student and be mailed from the Meal Application Dept. at our food service web site.



**Make the cafeteria your first stop! Breakfast in the school café is a great start to every day!**

Hot and cold options everyday. Every breakfast will offer fruit, milk and 2 grains or grain and protein option. A fruit is a must! 2 items must be selected and many items count as 2.

Offered daily: cereal, muffins, poptarts, cheese sticks and many breakfast bars everyday.

**Monday: Breakfast Sandwich**

**Tuesday: Pancake on a stick**

**Wednesday: Breakfast Pizza**

**Thursday: Cinnamon Roll**

**Friday: Sausage and egg Bisuit**

**Breakfast is served daily @ 8:45 (Elementary Schools) 7:00 @ TMS**

**Menu items subject to change**

**Breakfast costs \$1.00. Students qualifying for reduced meals pay \$.30**

**Free meal qualification includes breakfast**

Talawanda Food and Nutrition services Department

This institution is an equal opportunity provider.

All items are whole grain rich

Milk is offered in 1% white and chocolate and fat free white