



THS E-NEWS

October 4th, 2018

ANNOUNCEMENTS

- Interested in events happening in our community? Use this link to find out more!
www.talawanda.org/resources/community-events-%2Bactivities-36/
- The pre-season swim and dive meeting will be next Tuesday, October 9th at 6:30 PM in the high school auditorium. If you are interested in swimming or diving for the Braves this upcoming winter please come to this meeting to meet the coaches of the team, obtain practice and meet schedules, and learn what the expectations are to being a part of the team that has won 12 consecutive league championships. If you cannot make this meeting please see Coach Pasquale in Rm. 418 or send him an email at pasquales@talawanda.org.
- Please join the THS Choir Program as we present our Fall Choral Concert on Wednesday, October 10. The concert begins at 7:00 pm in the Talawanda High School Performing Arts Center, and admission is free. The five vocal ensembles will present an evening of choral variety from genres including gospel, pop, contemporary choral, Motown, classical, and film. Six talented soloists will be featured on various songs throughout the event. We hope you will join us in kicking off the formal concert season for the Talawanda district!
- Voilà Jeans Week Oct. 15-19. This fundraiser will help support Kramer Family Pride Day, Kramer's English Language Learners, and the Voilà Scholarship that will be awarded to a graduating senior this Spring.
- A Brave 5K! Saturday, Nov. 10, Oxford Community Park, 9:00 a.m. See attached flier for more info.
- The freshman class is selling Yankee Candles now through October 15 for their class fundraiser. The sales enable the class to host next year's homecoming dance. Candles can be purchased from any ninth grade student or online at <https://www.yankeecandlefundraising.com/store.htm> (group number 990038918). If you have any questions or would like to purchase directly, please contact freshman class advisor Ashley Sammons at sammons@talawanda.org or 513-273-3281
- Oct. 10th FAFSA Day 10:00 am – 7 pm in the Media Center
- Mock Trial Practices Next Week: Monday 10/8 Attorneys only 5:30-7:00 pm room 417, Thursday 10/10 NO PRACTICE!

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/
- 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



TALAWANDA HIGH SCHOOL

5301 University Park Boulevard, Oxford, Ohio 45056 | (513) 273-3200 | (513) 273-3203 fax

Empowering Every Learner Every Day!

Dear Parents/Guardians,

High Schools throughout the country have recently seen a considerable increase in the student use of electronic cigarettes or “vapes.” According to an article in the Washington Post (9/12/18), Scott Gottlieb, FDA Commissioner, has escalated his efforts to stop an epidemic of teenage vaping where the latest data shows a 75% increase in e-cigarette use among high school students. An informal poll of our student body here at Talawanda indicates that as many as **50%-80% of our students are using electronic cigarettes**. E-cigarettes have been linked to a condition called “popcorn lung”, which can have long-lasting and irreversible effects. Many students, and users of e-cigarettes, think these devices are not harmful like typical smoking, which simply isn’t true.

Vaping is the act of inhaling a vapor produced by an electronic vaporizer or e-cigarette. The vapor may contain nicotine and/or other substances. The vaporized liquids come in many different flavors and often have a fruity smell. One of the most concerning issues is that THC (or marijuana) oil can be put in the reservoir of many of these devices, allowing users to get high. It has been reported to us, by parents, that some of our students have been involved in using these devices in this way.

In an effort to combat drug use, curtail the use of e-cigarettes, and ensure the health and safety of our students, the Talawanda High School administration may consider any vaping device (Juul, Smok, Suorin, etc.) to be drug paraphernalia, and treat it as such according to the district code of conduct:

Rule 10 Narcotics, Alcoholic Beverages, and Drugs

A student shall not possess, use, transmit or be under the influence of any narcotic drug, hallucinogenic drug, and amphetamine, barbiturate, marijuana, inhalant, alcoholic beverage, intoxicant, mood altering chemical, controlled substance, or look alike of any kind. Paraphernalia used to administer substance abuse is prohibited.

**The standard consequence for violating Rule 10 is a 10 day suspension from school with a recommendation for expulsion.*

It is our hope that through the efforts of home and school, our students will refrain from using such devices. We strongly encourage you to have a conversation with your son or daughter about the dangers of e-cigarettes. Here are some links that have been shared through e-news, but we wanted to share them again so you have all the resources you may need.

Parent Tip Sheet:

<https://goo.gl/mxyDvb>

Know the Risks - E-Cigarettes and Young People:

<https://goo.gl/63jn6f>

Thank you for your support and please feel free to contact me with any questions or concerns.

Sincerely,

Tom York, Principal

Principal - Tom York

Assistant Principals - Molly Merz, Chris Rhoton

School Counselors - Scott Davie (A-F), Teresa Peter (G-N), Kelli Stark (O-Z)

Athletic Director - Wes Cole



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



BEFORE THE TALK

Know the facts.

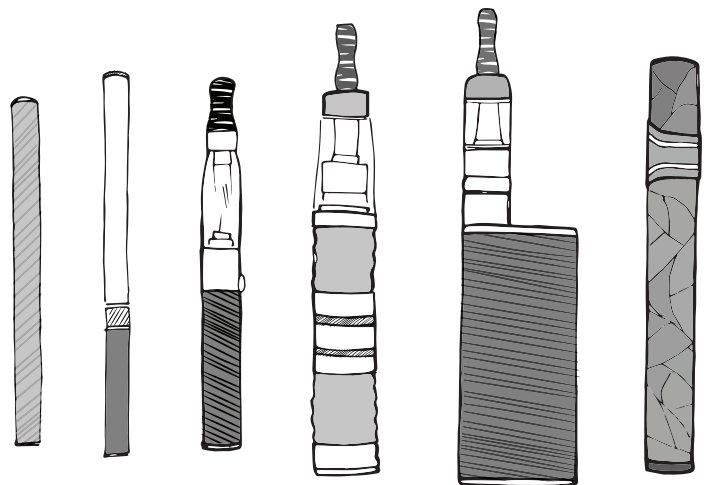
- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

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 or call **1-800-QUIT-NOW**.



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.

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) 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) 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



THS CALENDAR OF Events

Oct. 7th to Oct. 13th, 2018

Sunday, October 7th

5 – 9pm Fall Choir Concert Rehearsal, PAC

Monday, October 8th

Field Trip THS Journalism to Otterbein, 6a-4:30p

7am – 2:45pm Fall Choir Concert Rehearsal, PAC

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

4 – 6:30pm Branding, Media Center

5:30-7:00 pm 417 Mock Trial

4:30pm Freshman Volleyball vs. Winton Woods (home)

5:45pm JV Volleyball vs. Winton Woods (home)

7:00pm Varsity Volleyball vs. Winton Woods (home)

Tuesday, October 9th

7am – 2:45pm Fall Choir Concert Rehearsal, PAC

2:45 – 6:30pm Room use- Fall Show Rehearsal, PAC

6:30 – 8pm Room use- Preseason Swim Mtg., Cafeteria

4:30pm Freshman Volleyball vs. Northwest (home)

5:00pm Boys JV Soccer vs. Northwest (away)

5:45pm JV Volleyball vs. Northwest (home)

6:00pm Varsity Field Hockey vs. Summit Country Day (away)

6:00pm Girls Varsity Soccer vs. Northwest (home)

7:00pm Boys Varsity Soccer vs. Northwest (away)

7:00pm Varsity Volleyball vs. Northwest (home)

Wednesday, October 10th

FAFSA Day

PSAT Day

7am – 1:30pm Fall Choir Concert Rehearsal, PAC

7am – 1:30pm PSAT, Upper gym

9am – 7pm FASFA, Media Center

10:30am – 12pm Marine Recruiter, Sgt Hughes, Cafeteria

1:30 – 3pm FFA Meeting, PAC

2 – 5:30pm Fall Show Rehearsal, Band room

3 – 7pm Fall Choir Concert Rehearsal, PAC

7 – 8pm THS Choir Concert, PAC

5:00pm JV Field Hockey vs. Fairmont (home)

6:30pm Varsity Field Hockey vs. Fairmont (home)

Thursday, October 11th

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

4:30 – 7pm Literacy Program, Media Center

4:30pm Freshman Volleyball vs. Ross (home)

5:00pm Boys JV Soccer vs. Ross (away)

5:45pm JV Volleyball vs. Ross (home)

6:00pm Girls Varsity Soccer vs. Ross (home)

7:00pm Boys Varsity Soccer vs. Ross (away)

7:00pm Varsity Volleyball vs. Ross (home)

Friday, October 12th

No School--Fall Break

6:30pm Senior Night

7:00pm Varsity Football vs. Edgewood (Trenton) (home)

Saturday, October 13th

9am – 5pm Crew Day, PAC

10:00am JV Football vs. Edgewood (Trenton) (away)

12:00pm Freshman Football vs. Edgewood (Trenton) (away)



A Brave 5K

Saturday, Nov. 10

Oxford Community Park

9:00 a.m.

Registration and pick-up near concession stand between baseball fields by the Fairfield Rd. entrance.

Early registration deadline to guarantee a t-shirt is Oct. 26.

[Register on-line: www.raceentry.com/races/a-brave-5k/2018/register](http://www.raceentry.com/races/a-brave-5k/2018/register)

Or use the attached registration form.

Sponsored by Talawanda Cross Country/Track & Field

More information at www.abrave5k.com

Signature (parent or guardian if under 18) **Date**

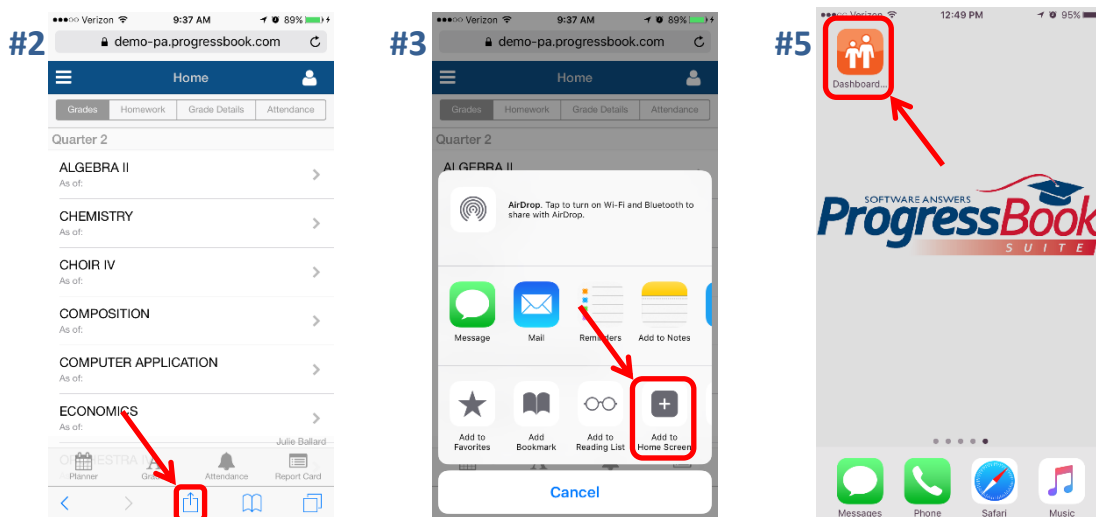
How to Add a ProgressBook ParentAccess Icon to Your Mobile Device Home Screen


Article # 2042

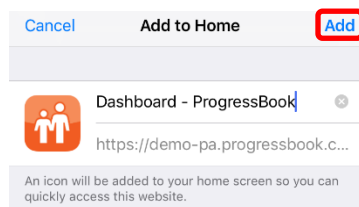
ProgressBook ParentAccess is designed to work seamlessly on mobile devices. This guide shows you how to add a shortcut to the ProgressBook web application on your iOS or Android mobile device's home screen.

Procedure for iOS

1. Using your browser, navigate to your designated ProgressBook website and successfully log in.




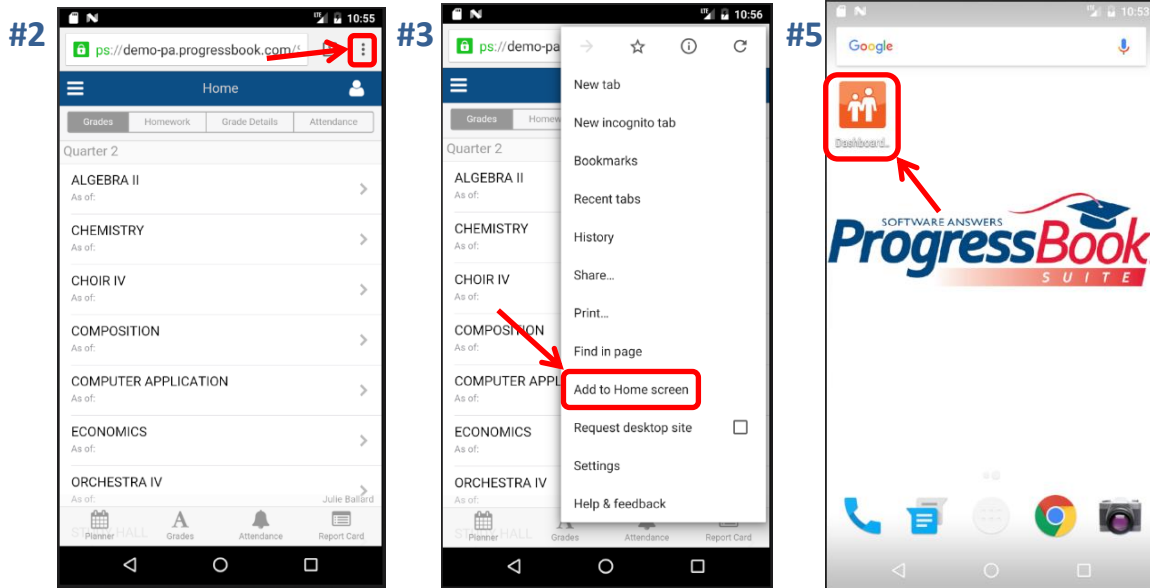
2. At the bottom middle of your screen, click .
3. On the menu that pops up, click **Add to Home Screen**.
4. Enter your desired name for the shortcut and click **Add** in the top right corner.




5. The icon now displays on your iOS device's home screen.

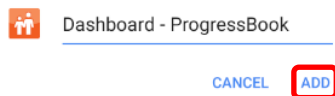
Procedure for Android

1. Using the Chrome browser , navigate to your designated ProgressBook website and successfully log in.



2. At the top right of your screen, click .
3. On the menu that pops up, click **Add to Home Screen**.
4. Enter your desired name for the shortcut and click **Add**.

Add to Home screen



5. The icon now displays on your Android device's home screen.

Note: The Chrome browser must be used to create the shortcut on Android phones. If you open the ParentAccess website with the Google application instead, you will have to click the menu button, click "Open in Browser", select Chrome, and then follow the instructions above.

Talawanda Bands

2018 Wreath Fundraiser



Noble Fir with Bow
Approximate Outside Diameter:

22" - \$30 42" - \$65
34" - \$45 68" - \$150



Traditional Mixed
Door Swag
\$25



Mixed Wreath with Cones
Approximate Outside Diameter:

24" - \$35

WREATHS AND ROPING PROUDLY SUPPLIED BY:

SHADEMAKERS
NURSERY & LANDSCAPE

Tips to Maximize Your Greens:

- Avoid direct sunlight
- Do not hang between door and glass storm door
- Mist regularly with cool water



Red Bows
2 for \$5.00



White Pine Roping
25' - \$25 75' - \$50

**Thank you for supporting the Talawanda Bands
with your wreath order! For questions, contact:**

talawandabands@gmail.com



Jeans Week Fundraiser

October 15-19, 2018

(\$5 to J. Lefevers Rm. 118)

Presented by Voilà!
Talawanda's World Language Club



TSD APPROVED
for distribution
not affiliated with TSD



SUNDAY OCT 21 @ 1:30 CINCINNATI RED STOCKINGS VS OXFORD/MIAMI TEAM

VINTAGE BASEBALL GAME

Cincinnati Reds Hall of Fame 1869 Red Stockings

Driven by a mission to celebrate greatness, preserve history and provide inspiration, the Reds Hall of Fame and Museum is the place where the story of Reds baseball comes alive from the present day dating back to the first professional baseball team of 1869.

The 1869 Red Stockings bring history to life by reenacting and playing baseball under the same rules as the undefeated 1869 Cincinnati Red Stockings – America's first all-professional baseball team. And, yes, that means no gloves! Gloves weren't used until the mid-1870s. The Red Stockings will play an exhibition game as it was in 1869, when sportsmanship, camaraderie, and fair play were the standard of the day.



TSD APPROVED
for distribution
not affiliated with TSD

**Oxford
Community Park**

1:30 Game

FREE ADMISSION

(Donations Accepted)

1869 Rules

NO GLOVES

Sponsored by

Oxford Chapter

**Reds Hall of Fame &
Museum**

Suzanne House

937.533.5246

REDS HALL OF FAME

100 Joe Nuxhall Way
Cincinnati, OH 45202

Perry Thacker
pthacker@reds.com

513.255.0323

REDSMUSEUM.ORG

Do you throw?

If so, we're looking for potters who are willing to donate their skill and time to throwing bowls for the annual Oxford Empty Bowls event.

Bowl-A-Thon for Empty Bowls

We provide the wheel.

We provide the clay.

You throw.

Saturday, October 6, 2018

9 am—5 pm (come for an hour or all day)

Optional Bowl Trimming is Sunday, October 7 from 9am-noon

PHILLIPS HALL ART CENTER

(next to the Goggin Ice Arena)

Sign up to throw by clicking the link below.

Questions? Ask Rob at abowitrn@miamioh.edu

Co-sponsored by Miami University Department of Art and Oxford Empty Bowls.



THE ASSET CHALLENGE



The Butler County Coalition and Family and Children First Council, challenge you to join the #Asset Challenge! The Search Institute has identified Developmental Assets, which we all can share with children and youth so they can thrive. We challenge youth, parents, teachers, and community members to try at least one activity a week.

Share your moments with us by posting a photo or your thoughts and tag @FCFCBButlerCnty or #AssetChallenge

OCTOBER

This Month's theme is: Empowerment

TSD APPROVED
not affiliated with TSD
for distribution

WEEK 1: COMMUNITY VALUES YOUTH

INVITE A YOUNG PERSON TO YOUR NEXT COMMUNITY MEETING OR EVENT

LISTEN TO A YOUTH TELL YOU ABOUT THEIR DAY WITHOUT INTERRUPTING

LOBBY COMMUNITY GROUPS TO MAKE YOUTH INCLUDED IN MEMBERSHIP

GREET THE NEXT YOUNG PERSON YOU SEE BY NAME

THANK THE YOUTH IN YOUR LIFE FOR THEIR HELP, NO MATTER HOW BIG OR SMALL

WEEK 2: YOUTH AS RESOURCES

CHALLENGE YOURSELF TO GET TO KNOW A YOUTH IN YOUR LIFE BETTER

ASK A YOUNG PERSON FOR THEIR HELP

REMIND YOUR YOUTH THAT YOU APPRECIATE THEIR THOUGHTS AND IDEAS

GIVE YOUTH A MEANINGFUL ROLE OR JOB WITHIN THE HOME OR CLASSROOM (TIMEKEEPER, TECH HELPER ETC.)

ASK YOUTH THEIR OPINION ON A POPULAR TOPIC

WEEK 3: SERVICE TO OTHERS

VOLUNTEER IN THE COMMUNITY FOR AT LEAST 1 HOUR THIS WEEK

HELP YOUTH BRAINSTORM WAYS THEY CAN HELP THEIR COMMUNITY

DISCUSS WHAT VOLUNTEERING MEANS

VISIT A SERVICE ORGANIZATION IN YOUR COMMUNITY THIS WEEK

EDUCATORS: FIND WAYS TO INCORPORATE SERVICE INTO LEARNING

WEEK 4: SAFETY

ASK YOUTH ABOUT THEIR FEARS AND DISCUSS WAYS FOR THEM TO COPE

WORK TO CREATE A HOME SAFETY PLANE WITH YOUR YOUTH

QUIZ YOUR YOUTH: WHAT WOULD THEY DO IN _____ EMERGENCY?

WALK YOUR NEIGHBORHOOD AND HIGHLIGHT SAFE PLACES TO PLAY

SCHOOLS: ASK YOUTH WHAT IT MEANS TO BE SAFE IN YOUR BUILDING

RESPOND TO CONCERNS PROMPTLY

Looking for
a chance to
win cool
prizes?

Need a good
reason to be
on your
phone?

#ASSET CHALLENGE

1. Follow @FCFCButlerCnty on 
2. Complete any of the weekly activities and tag #AssetChallenge for a chance to win!
3. Challenge your friends and family!





**"Together, building a healthier
community"**

**Plant the Promise
Saturday, October 27th
10:00 a.m.
Uptown Oxford Park**

**Join us to plant red tulip bulbs
throughout the community as a
symbol of our commitment to making
the Oxford-Area a safe, healthy
community for all! For more
information, call 513.273.3390 or
email macechkoa@talawanda.org.**

TSD APPROVED
for distribution
not affiliated with TSD

MEDICATION

DISPOSAL DAY

SATURDAY, OCTOBER 27TH

8:00AM TO 12:00PM

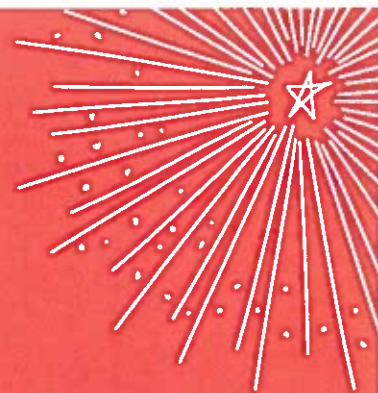
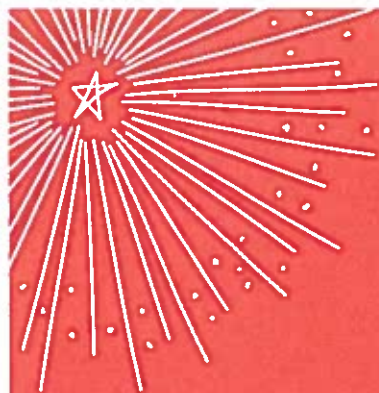
UPTOWN OXFORD - MEMORIAL PARK



**Bring your expired, unused
prescription or over-the-counter
medications. Law Enforcement
will dispose of the contents in a
safe, legal, and environmentally
conscious manner.**

TSD APPROVED
for distribution
not affiliated with TSD





BUILDING A HEALTHIER
COMMUNITY TOGETHER

TSD APPROVED
for distribution
not affiliated with TSD

Join us for a Community Conversation

TSD APPROVED
for distribution
not affiliated with TSD

Wednesday, October 24th

6:00-7:30 p.m.

Oxford Lane Library - Upstairs

Learn about the Coalition's current work
and share ideas to make the community
a healthier one for all !

For more information, call 513.273.3390.

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

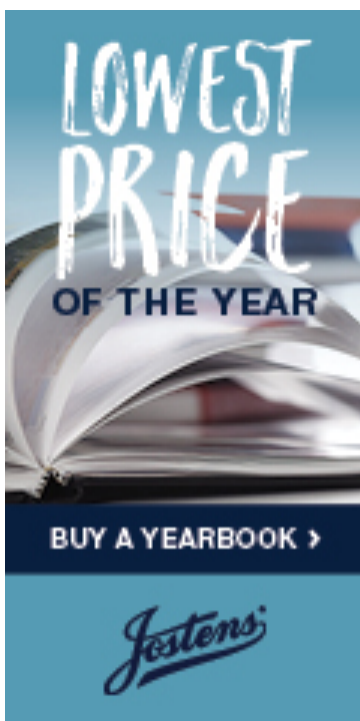
Adult.....\$130.00

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 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 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

October 2018

TALAWANDA HIGHSCHOOL

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

See breakfast menu for daily choices.

Monday

1 Whole Grain Chicken
and Cheese
Quesadilla
Sweet Corn
Red, Yellow &
Orange Peppers
Orange Wedges

Tuesday

2 Pizzeria Style Steak
Hoagie on Bun
French Fries
Apple Slices

Wednesday

3 Chicken strip Wrap
W Shredded Lettuce
& Diced Tomatoes
Mixed Fruit

Thursday

4 Rotini Bake with
Meatballs & Cheese
Tossed Salad
Garlic Toast
Purple Grapes

Friday

5 Crispy Popcorn
Chicken
Mashed Potatoes
Sweet Corn
Dinner Roll
Banana

8 Grilled Hot Ham and
Cheese on Bun
Cinnamon
Applesauce

9 Meatball Sub
French Fries
Romaine Salad
Apple Slices
100% Fruit Punch
Juice

10 Chicken Fajitas
Grilled Peppers &
Onions
Shredded Lettuce
& Diced Tomatoes
Sour Cream
Pears

11 Rotini Bake with Meat
Sauce & Cheese
Romaine Salad
Garlic Toast
Banana

12

15 Crunchy-Battered
Corn Dog
Baked Beans
Cinnamon
Applesauce

16 Shredded BBQ
Sandwich
French Fries
Pineapple

17 Grilled Cheese
Sandwich
Chili Beans
Dill Pickle Spear
Orange Wedges

18 Italian Lasagna
Garlic roll
Tossed Salad
Peaches

19 Chicken Nuggets
Mashed Potatoes
with gravy
Steamed Carrots
Dinner Roll
Sliced Strawberries

Please find carbohydrate counts on our school web site interactive menu

22 Orange Chicken
Broccoli Florets
Whole Grain Asian
Rice
Purple Grapes

23 Crunchy Tacos 2
Or Soft Tacos 2
Sweet Corn
Shredded Lettuce
& Diced Tomatoes
Applesauce

24 Chicken Enchilada
Black Beans & Corn
Mexican Rice
Mandarin Oranges

25 Cincinnati Chili
Spaghetti
Oyster Crackers
Romaine Salad
Apple Slices

26 Chicken Strips
Mashed Potatoes
with gravy
Green Beans
Dinner Roll
Banana

29 Whole Grain Chicken
and Cheese
Quesadilla
Sweet Corn
Red, Yellow &
Orange Peppers
Apple

30 Orange Wedges
Pizzeria Style Steak
Hoagie on Bun
French Fries
Pears

31 Mandarin Oranges
Chicken strip Wrap
Shredded Lettuce
& Diced Tomatoes
French Fries
Mandarin Oranges

This Institution is an equal opportunity provider.

Ice Cold Milk

offered Daily:

1% White 12

FF Chocolate 23

FF Strawberry 22

Featuring New Items

Smokey Spinach

Queso

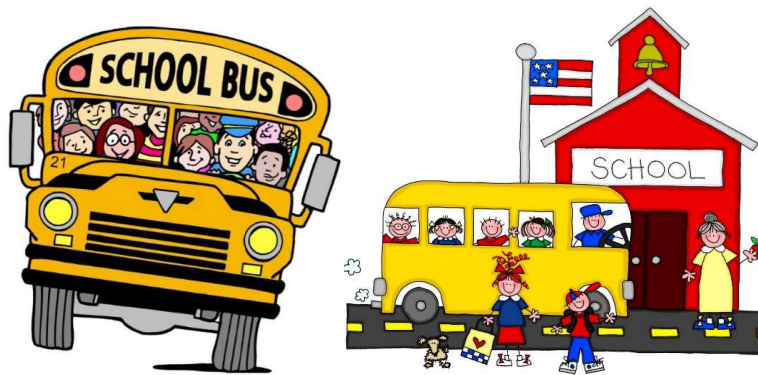
w Chips (tortilla or pita)

Steak Station!

Create Your Sizzling

Sandwich. Choose from

a Variety of Toppings;



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, pop-tarts, 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