



# *Enjoying a new kind of Tea Party!*

**Are you in 5th through 8th grade?  
You're invited to participate in a**

## *Essay Contest*

**Topic for 2024-2025**

*"Enjoying a new kind of Tea Party!"*

**In the 1770's there was a movement of protest from the Colonists against the British due to taxes and laws. Along the eastern coast a growing number of patriots held "tea" parties. The Boston Tea Party was on December 16, 1773, and the Charlestown, SC Tea Party and the Chester Town Tea Party followed in 1774. In October 1774, 51 women in Edenton, North Carolina, decided to refuse to buy tea from the British because of their high taxes and laws. In 1775, women in Wilmington, North Carolina, burned their tea for the same reasons. Imagine you are one of these women boldly participating in one of these Tea Parties in North Carolina. Give details of either the Edenton Tea Party or Wilmington Tea Party, describe the tea party, and why you would choose to join them. Then explain if you think it was a good decision.**

**Open to Grades 5-8  
Length 300-1,000 words (depending on grade level)**

**DAR Chapter** \_\_\_\_\_

**Contact** \_\_\_\_\_

**Phone (\_\_\_\_)\_\_\_\_\_ E-mail** \_\_\_\_\_

*Document No. AHC-1004 (Revised September 2024)*

National Information Packet 2024. • PART II

**National Society Daughters of the American Revolution**  
**AMERICAN HISTORY ESSAY CONTEST 2024–2025**  
(This information is for chapter and school use)

**NEW THIS YEAR – ALL ESSAYS ARE TO BE SUBMITTED ELECTRONICALLY**

<b>TOPIC:</b>	“Enjoying a new kind of Tea Party” Question: In the 1770’s there was a movement of protest from the Colonists against the British due to taxes and laws. Along the eastern coast a growing number of Patriots held “tea” parties. The Boston Tea Party was on December 16, 1773, and the Charlestown, SC Tea Party and the Chester Town Tea Party followed in 1774. In October 1774, 51 women in Edenton, North Carolina, decided to refuse to buy tea from the British because of their high taxes and laws. In 1774, women in Wilmington, North Carolina, burned their tea for the same reasons. Imagine you are one of these women boldly participating in one of these Tea Parties in North Carolina. Give details of either the Edenton Tea Party or Wilmington Tea Party, describe the tea party, and why you would choose to join them. Then explain if you think it was a good decision.
<b>PARTICIPANTS:</b>	<b>All grade 5, 6, 7, and 8 students in a public, private, or parochial school, or those who are home schoolers, are eligible.</b> An individual student may submit an entry directly to a DAR chapter in their own state if their class or school is not participating. This contest is conducted without regard to race, religion, sex, or national origin. <b>DO NOT SUBMIT A STUDENT PHOTOGRAPH WITH ENTRY.</b>
<b>LENGTH:</b>	<b>Grade 5: 300–600 words Grades 6, 7, and 8: 600–1,000 words</b>
<b>FORM:</b>	Essay is to be prepared on a computer, using black type in a non-script font no smaller than 12 point or larger than 14 point. A limited vision student may use Braille, a tape recorder, or very large type. A written transcript must be included, as well as a teacher’s or physician’s letter attesting to the student’s special need. Please note that the entire essay must be the student’s original work. This includes all research, writing, and editing, which must be done by the student themselves and not by a parent, teacher, tutor, AI, or other helper. Each essay must include a <b>completed Title page</b> .
<b>RESOURCES:</b>	<b>Essay must have a list of all resources utilized. Four individual resources are expected. Internet resources, if used, should include the electronic address.</b> <b>** Any essay with information copied directly from sources without using quotes (plagiarized) will be disqualified. **</b>
<b>JUDGING AND AWARDS:</b>	<p><b>Judging will be based on historical accuracy, adherence to topic, organization of material, interest, originality, spelling, grammar, and that it is the student’s own work. Pictures, maps, drawings, graphics, and other such additions will not be considered in judging and should not be included.</b> Judging at the chapter level is by three judges, including at least two non-DAR judges. Judging at other levels is by three judges, all of whom are non-DAR members.</p> <p><b>CHAPTER:</b> One essay at each grade level is selected as the chapter winner and forwarded to the state American History chair for state competition or to district/region first. American History essay contest chapter winner certificates and bronze medals may be presented by the chapter if desired. In addition, chapters may present certificates of participation to every student who participates in the essay contest. These supplies are available from the DAR Store.</p> <p><b>STATE:</b> One essay at each grade level is selected as the state winner and forwarded to the appropriate national division vice chair of American History for division competition. The state winner receives a silver medal and state winner certificate.</p> <p><b>DIVISION:</b> One essay in each grade is selected as the division winner and forwarded for national competition to the national vice chair. Division winners are presented a division winner certificate.</p> <p><b>NATIONAL:</b> One essay in each grade is selected as the national winner. A certificate, gold pin and monetary award is presented to each national winner at Continental Congress in June 2024. Winning essays may appear in official DAR communications.</p> <p><b>Note: All essays must be submitted to a local chapter electronically by a teacher, school or individual student. Essays sent directly to the national chair or vice chair of the essay contest will not be considered.</b></p>
<b>DEADLINE:</b>	Chapter chairs should determine date for teachers, schools or individual students to forward essays to them to the chapter chair to allow for judging to be completed prior to state deadline. <i>States with district level judging should set appropriate intermediate deadlines. Date assigned:</i>

**NAME, EMAIL AND PHONE NUMBER OF CHAPTER CONTACT PERSON** \_\_\_\_\_

**NAME OF SPONSORING DAR CHAPTER** \_\_\_\_\_

If additional information about the contest is needed, please contact the Office of the Historian General, NSDAR, at  
1776 D Street NW, Washington, D.C. 20006–5303 Phone: (202) 879–3256

**National Society Daughters of the American Revolution**  
**American History Essay**  
**Electronic Contest Title Page\* 2024 – 2025**  
**Grades 5 – 8**

**Title of Essay:**    **Enjoying A New Kind of Tea Party**

Subtitle (*optional*) \_\_\_\_\_

Contestant's Name \_\_\_\_\_

Contestant's Grade Level \_\_\_\_\_

Contestant's Contact Information (*email and/or complete address*) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contestant's Phone Number (*with area code*) \_\_\_\_\_

Contestant's School \_\_\_\_\_

School's Contact Information (*optional*) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name of Sponsoring DAR Chapter \_\_\_\_\_

\_\_\_\_\_

Number of words in essay (*Grade 5: 300-600 words; Grades 6-8: 600-1,000 words*):

\_\_\_\_\_

\*Any missing information on the title page will result in a lower score when judged.



# FLU VACCINES ARE COMING SOON

Flu vaccines will be available for all  
beneficiaries starting **October 16th**

Vac

## Vaccine Clinics:

**NEX**

**Oct 16-17 1000-1600**

**DGF**

**Nov 7 1000-1500**

**Nov 8 0800-1500**

Patients under 3 or over 65 should report to the  
Immunizations Clinic

Vaccine will also be available in the Immunizations Clinic during  
normal working hours



For questions, contact COMM: 956-82-3464 / DSN: 727-3464



# **FLU VACCINE CLINICS**

**Navy Exchange (NEX)  
Oct 16-17 1000-1600**

**DGF School  
Nov 7 1000-1500  
Nov 8 0800-1500**

**Patients under 3 or over 65 should report to the  
Immunizations Clinic**

**Vaccine will also be available in the Immunizations Clinic during  
normal working hours**



**For questions, contact COMM: 956-82-3464 / DSN: 727-3464**



powerful change **Pledge** you're not alone support  
care acceptance together  
community inclusion protect kindness help

## National Bullying Prevention Month

A very important part of our school counseling program and guidance standards is how to identify and prevent bullying. During the month of October, students will learn in guidance lessons the definition of bullying, the types of bullying, how to decipher between bullying and conflict, ways to resolve conflict, and how to be an 'upstander'. Being an 'upstander' means the student actively participates in standing up for the student affected by bullying behaviors. Some research defines the other student roles as upstanders vs. bystanders and other students who assist, resist, or defend. In all classes, we will discuss what each student can do to prevent and report bullying behaviors as well as what to do if they cannot safely help the affected student. Bullying prevention is a top priority at DGF because feeling safe is the necessary foundation for kids to be happy and successful learners.

### GUIDANCE FOCUS & IMPORTANT DATES

October Bullying Prevention

October 16 Unity Day\*

October 28-Nov. 1 Red Ribbon Week \*\*

\*Wear orange to show you will unite with others to stand up against bullying!!

\*\*See flyer about ways to celebrate life living drug free!!

### RESOURCES

<https://www.stopbullyingnow.com/>

<https://www.stopbullying.gov/bullying/roles-kids-play>

<https://bbrave.org/mt/2019/04/03/the-bullying-circle/>



PACER's National Bullying Prevention Center has great resources for parents and educators as well. Inclusion is one of the focuses this year for Unity Day on October 19. It is important that kids know that not allowing others to play with them (or join their classroom group) is a type of bullying. Inclusion is important to creating a bullying free zone where kids feel safe and they belong. The prevention of bullying and critical topics like diversity and inclusion are discussed in guidance lessons all year long.

I invite you and your family to watch one of the PACER clips about inclusion. Many more videos are available on their website.

<https://www.pacer.org/bullying/video/player.asp?video=126>

### CONTACT

Please reach out at any time as we want to support your child's success and wellbeing.

Dr. Mary Anne Hartley  
[maryanne.hartley@dodea.edu](mailto:maryanne.hartley@dodea.edu)  
856-82-0220



**RED RIBBON WEEK**  
**2024**

**LIFE IS A  
MOVIE**

**MONDAY**  
**Oct. 28**

**Dress Like a Movie Star-**  
**Life is a movie - Live Drug Free!**

**TUESDAY**  
**Oct. 29**

**Mix & Match Your Clothes**  
**We won't get MIXED up with drugs!**

**WEDNESDAY**  
**Oct. 30**

**Wear Red-**  
**We are REDy to say No to Drugs!**

**THURSDAY**  
**Oct. 31**

**Dress like a Book Character-**  
**We've got character!**

**FRIDAY**  
**Nov. 1**

**Wear Blue or DGF Shirt-**  
**Toros Say No to Drugs!**

**Our Military Family Life Counselors (MFLC) are offering**



## **LEMON CHAT**

**(formally known as LUNCH BUNCH)**

**Small groups 1<sup>st</sup> and 2<sup>nd</sup> grade meet on Mondays**

**9:55 – 10:35**

**10:45 -11:25**

September 30, 2024 through December 16, 2024

January 6, 2025 through March 24, 2025

April 7, 2025 through June 2, 2025

**Small groups 3<sup>rd</sup> and 4<sup>th</sup> meet on Tuesdays**

**10:05 – 10:45**

**10:50 – 11:30**

October 1, 2024 through December 17, 2024

January 7, 2025 through March 25, 2025

April 8, 2025 through June 3, 2025

**Small groups Kindergarten will meet on Thursdays**

**9:55 – 10:20**

**5<sup>th</sup> Grade meet on Thursdays**

**11:20 – 12:05**

October 3, 2024 through December 19, 2024

January 9, 2025 – March 20, 2025

April 10, 2025 – June 5, 2025

**\*Commitment to both playground time and lunch time for the small group is required.**

**\*We must have MFLC Parent Consent Form on file for student to participate.**

Barbara Angstadt

and

Roneiko Henderson

641 482 865

624 262 856



**MILITARY FAMILY LIFE COUNSELORS (MFLC) ARE OFFERING**  
*FAMILY DEPLOYMENT SUPPORT GROUP*



**ONCE A MONTH**

**3<sup>RD</sup> THURSDAY OF THE MONTH**

**2:50 PM TIL 4:00 PM**

**DGF Elementary Library**

OCT 17, 2024

NOV 14, 2024

DEC 19, 2024

**Barbara Angstadt**  
641 482 865

**and**

**Roneiko Henderson**  
624 262 856

**Feeling Stuck and alone in Supporting Your Child's Mental Health?**  
(ex) Oppositional behaviors, attentional issues, depression, anxiety, substance concerns, trauma, stress related concerns, or general phase of life?

*Join us Monthly for A Parent Support Group on*

# **SUPPORTING YOU & YOUR CHILD'S MENTAL WELLNESS**

**Parents in this 1 hour 15 minute support group you will:**

- Learn Ways to support yourself and your child around their mental health
- Discover some potential tools that may help both you and your child
- Recognize mental health "red flags" and what to do in those situations



- Learn strategies to discuss your child's mental health challenges in positive ways
- Improve your communication with in your family
- Manage your own stress in helping support children with mental health challenges

**Details:**

**When: First Wednesday of the Month**

**Time: 8:15 to 9:30**

**Where: EDIS Building Conference Room**

**Reserve your Space:**

**Call EDIS Department and Reserve  
Your Space 727-4029**

		AUGUST '24						
9	New Parent Orientation	S	M	T	W	R	F	S
12	Teachers Report					1	2	3
16	Open-House	4	5	6	7	8	9	10
19	Students Report (K-5th)	11	12	13	14	15	16	17
		18	19	20	21	22	23	24
		25	26	27	28	29	30	31

- 9 New Parent Orientation
- 12 Teachers Report
- 16 Open-House
- 19 Students Report (K-5th)

FEBRUARY '25							
S	M	T	W	R	F	S	
						1	14 Holiday
2	3	4	5	6	7	8	17 President's Day
9	10	11	12	13	14	15	18 Teacher Training
16	17	18	19	20	21	22	
23	24	25	26	27	28		

- 14 Holiday
- 17 President's Day
- 18 Teacher Training

		SEPTEMBER '24						
		S	M	T	W	R	F	S
2	Labor Day	1	2	3	4	5	6	7
23	Teacher Training	8	9	10	11	12	13	14
3	Students Report (PreK)	15	16	17	18	19	20	21
		22	23	24	25	26	27	28
		29	30					

- 2 Labor Day
- 23 Teacher Training
- 3 Students Report (PreK)

MARCH '25							
S	M	T	W	R	F	S	
	3	4	5	6	7	8	13 Teacher Training
							26 Q3 Ends
9	10	11	12	13	14	15	27 Teacher Workday
16	17	18	19	20	21	22	28 Holiday
23	24	25	26	27	28	29	31 Spring Break
30	31						

- 13 Teacher Training
- 26 Q3 Ends
- 27 Teacher Workday
- 28 Holiday
- 31 Spring Break

		OCTOBER '24						
		S	M	T	W	R	F	S
10	Teacher Training			1	2	3	4	5
11	Holiday							
14	Columbus Day	6	7	8	9	10	11	12
24	Q1 Ends	13	14	15	16	17	18	19
25	Teacher Workday	20	21	22	23	24	25	26
		27	28	29	30	31		

- 10 Teacher Training
- 11 Holiday
- 14 Columbus Day
- 24 Q1 Ends
- 25 Teacher Workday

APRIL'25							
S	M	T	W	R	F	S	
		1	2	3	4	5	1-4 Spring Break
							11 Teacher Training
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				

- 1-4 Spring Break
- 11 Teacher Training

	NOVEMBER '24							
7	Parent Conferences	S	M	T	W	R	F	S
8	Parent Conferences						1	2
11	Veterans Day	3	4	5	6	7	8	9
28	Thanksgiving	10	11	12	13	14	15	16
27 - 29	Fall Break	17	18	19	20	21	22	23
		24	25	26	27	28	29	30

- 7 Parent Conferences
- 8 Parent Conferences
- 11 Veterans Day
- 28 Thanksgiving
- 27 - 29 Fall Break

MAY '25							
S	M	T	W	R	F	S	20 Teacher Training
				1	2	3	23 Memorial Day
4	5	6	7	8	9	10	26 Holiday
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

- 20 Teacher Training
- 23 Memorial Day
- 26 Holiday

16 Teacher Training

23 - 31 Winter Break

DECEMBER '24

S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 16 Teacher Training
- 23 - 31 Winter Break

JUNE '25							
S	M	T	W	R	F	S	
1	2	3	4	5	6	7	10 Q4 Ends
8	9	10	11	12	13	14	11 Teacher Workday
15	16	17	18	19	20	21	19 Juneteenth
22	23	24	25	26	27	28	
29	30						

- 10 Q4 Ends
- 11 Teacher Workday
- 19 Juneteenth

		JANUARY '25						
		S	M	T	W	R	F	S
1	New Year's Day				1	2	3	4
1-3	Winter Break							
16	Q2 Ends	5	6	7	8	9	10	11
17	Teacher Workday	12	13	14	15	16	17	18
20	MLK/Inauguration Day	19	20	21	22	23	24	25
21	Parent Conferences	26	27	28	29	30	31	

- 1 New Year's Day
- 1-3 Winter Break
- 16 Q2 Ends
- 17 Teacher Workday
- 20 MLK/Inauguration Day
- 21 Parent Conferences

### Contact Information

Phone: 856-82-0220

DSN: 682-0220

No School

Early Release @ 1055

Key Date

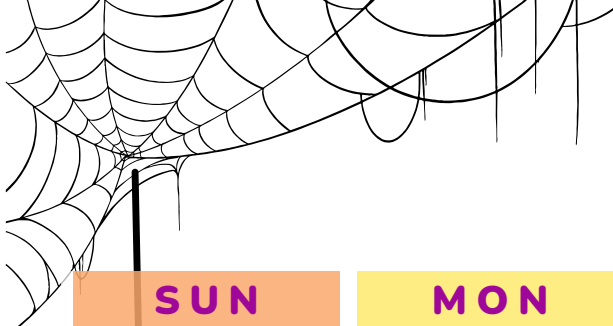
### CHECK US OUT AT

<https://www.dodea.edu/RotaES/>

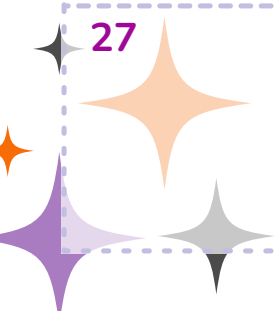
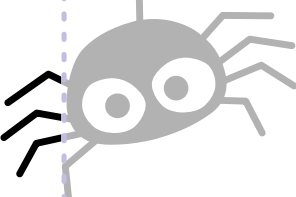
<https://www.facebook.com/RotaDGFe>



**NOTE:** Every Wednesday students are dismissed at 1:35 p.m. for teacher focused collaboration



# OCTOBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Early Release @ 1335	3	4	5
6	7	8 SAC (Q1) Meeting @ 1100 (Library)	9 Early Release @ 1335	10 No School Teacher Training	11 No School Holiday	12
13	14 No School Columbus Day	15	16 Early Release @ 1335 Unity Day (Wear Orange)	17 MFLC Parent Group @ 1450	18	19
20	21	22	23 Early Release @ 1335 Halloween Craft @ 1340 (MPB)	24 End of Q1	25 No School Teacher Workday	26 Trunk-or-Treat
27	28 Book Fair Red Ribbon Week	29 Book Fair Red Ribbon Week	30 Early Release Book Fair Red Ribbon Week	31 Character Book Parade @ 0830 Book Fair Red Ribbon Week	1 Book Fair Red Ribbon Week	



# OCTOBER 2024 ROTA UPK LUNCH

2024-2025 Meal Prices	
UPK	\$3.50
UPK Reduced	\$0.40

	<b>TUESDAY 1</b> Chicken Parmesan w/ Roll Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	<b>WEDNESDAY 2</b> Soft Tacos Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk	<b>THURSDAY 3</b> Chicken + Waffles Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	<b>FRIDAY 4</b> Macaroni + Cheese Variety of Fruit Romaine Side Salad Roasted Potatoes Variety of Milk
<b>MONDAY 7</b> Chicken Nuggets Roll Variety of Fruit Mashed Potatoes Honey Glazed Carrots Variety of Milk	<b>TUESDAY 8</b> Sloppy Joe Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	<b>WEDNESDAY 9</b> Bean & Cheese Burrito Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk	<b>THURSDAY 10</b> 	<b>FRIDAY 11</b> 
<b>MONDAY 14</b> 	<b>TUESDAY 15</b> Chicken Alfredo Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	<b>WEDNESDAY 16</b> Nachos Supreme Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk 	<b>THURSDAY 17</b> Hummus Snack Pack Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	<b>FRIDAY 18</b> Hamburger Variety of Fruit Romaine Side Salad Roasted Potatoes Variety of Milk
<b>MONDAY 21</b> Pasta w/ Meatballs Variety of Fruit Seasoned Green Beans Honey Glazed Carrots Variety of Milk	<b>TUESDAY 22</b> Chicken Parmesan w/ Roll Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	<b>WEDNESDAY 23</b> Soft Tacos Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk	<b>THURSDAY 24</b> Chicken + Waffles Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	<b>FRIDAY 25</b> 
<b>MONDAY 28</b> Chicken Nuggets Roll Variety of Fruit Mashed Potatoes Honey Glazed Carrots Variety of Milk	<b>TUESDAY 29</b> Sloppy Joe Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	<b>WEDNESDAY 30</b> Bean & Cheese Burrito Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk	<b>THURSDAY 31</b> Breakfast for Lunch Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	

UPK is served Family Style\*

Family Style Mean:

- Children eat in their classrooms
- Everyone eats the same food
- Children serve themselves

Family Style Promotes:

- Physical, social and emotional development
- Decision making skills, Sharing

\*Menu subject to change based on availability\*

# OCTOBER 2024

## ROTA ELEMENTARY LUNCH

2024-2025 Meal Prices	
Grades K-5	\$3.50
Grades 6-12	\$3.75
Reduced (all grades)	\$0.40

### TUESDAY 1

(1) Chicken Parmesan w/  
Roll  
(2) Ham & Cheese  
Sandwich  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 2

(1) Soft Tacos  
(2) Cheese Quesadilla  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 3

(1) Chicken + Waffles  
(2) Grilled Cheese  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

### FRIDAY 4

(1) Macaroni + Cheese  
(2) Italian Meatball Sub  
**Variety of Fruit**  
Romaine Side Salad  
Roasted Potatoes  
Variety of Milk

### MONDAY 7

(1) Chicken Nuggets  
(2) Cheese Lasagna  
Roll (w/ either entrée)  
**Variety of Fruit**  
Mashed Potatoes  
Honey Glazed Carrots  
Variety of Milk

### TUESDAY 8

(1) Hotdog  
(2) Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 9

(1) Bean & Cheese  
Burrito  
(2) Chicken Fajitas  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 10

NO SCHOOL

### FRIDAY 11

NO SCHOOL

### MONDAY 14

NO SCHOOL

### TUESDAY 15

(1) Chicken Alfredo  
(2) Turkey Club Sub  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 16

(1) Nachos Supreme  
(2) Taco Salad  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk



### THURSDAY 17

(1) Bacon, Egg &  
Cheese Croissant  
(2) Hummus Snack  
Pack  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

### FRIDAY 18

(1) Macaroni + Cheese  
(2) Italian Meatball Sub  
**Variety of Fruit**  
Romaine Side Salad  
Roasted Potatoes  
Variety of Milk

### MONDAY 21

(1) Teriyaki Chicken  
w/ Rice  
(2) Pasta w/ Meatballs  
**Variety of Fruit**  
Seasoned Green  
Beans  
Honey Glazed Carrots  
Variety of Milk

### TUESDAY 22

(1) Chicken Parmesan w/  
Roll  
(2) Ham & Cheese  
Sandwich  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 23

(1) Soft Tacos  
(2) Cheese Quesadilla  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 24

(1) Chicken + Waffles  
(2) Grilled Cheese  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

### FRIDAY 25

NO SCHOOL

### MONDAY 28

(1) Chicken Nuggets  
(2) Cheese Lasagna  
Roll (w/ either entrée)  
**Variety of Fruit**  
Mashed Potatoes  
Honey Glazed Carrots  
Variety of Milk

### TUESDAY 29

(1) Hotdog  
(2) Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

### WEDNESDAY 30

(1) Bean & Cheese  
Burrito  
(2) Chicken Fajitas  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

### THURSDAY 31

(1) Ham & Cheese  
Croissant  
(2) Breakfast for  
Lunch  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

#### MAKE A COMPLETE MEAL:

Entrees: Choose One

\*Fruit: Choose One OR Two

\*Vegetables: Choose One OR Two

Milk: Choose One

\*Must Choose a Fruit OR Vegetable\*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

\*Menu subject to change based on availability\*



# OCTOBER 2024

## ROTA MIDDLE/HIGH SCHOOL

### LUNCH

2024-2025 Meal Prices	
Grades K-5	\$3.50
Grades 6-12	\$3.75
Reduced (all grades)	\$0.40

#### TUESDAY 1

(1) Chicken Parmesan w/Roll  
(2) Ham & Cheese Sandwich  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

#### WEDNESDAY 2

(1) Soft Tacos  
(2) Cheese Quesadilla  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

#### THURSDAY 3

(1) Chicken + Waffles  
(2) Grilled Cheese  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

#### FRIDAY 4

(1) Macaroni + Cheese  
(2) Italian Meatball Sub  
**Variety of Fruit**  
Romaine Side Salad  
Roasted Potatoes  
Variety of Milk

#### MONDAY 7

(1) Chicken Nuggets  
(2) Cheese Lasagna  
Roll (w/ either entrée)  
**Variety of Fruit**  
Mashed Potatoes  
Honey Glazed Carrots  
Variety of Milk

#### TUESDAY 8

(1) Hotdog  
(2) Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

#### WEDNESDAY 9

(1) Bean & Cheese Burrito  
(2) Chicken Fajitas  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

#### THURSDAY 10

NO SCHOOL

#### FRIDAY 11

NO SCHOOL

#### MONDAY 14

NO SCHOOL

#### TUESDAY 15

(1) Chicken Alfredo  
(2) Turkey Club Sub  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

#### WEDNESDAY 16

(1) Nachos Supreme  
(2) Taco Salad  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk



#### THURSDAY 17

(1) Bacon Egg & Cheese Croissant  
(2) Crispy Chicken Sandwich  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

#### FRIDAY 18

(1) Macaroni + Cheese  
(2) Italian Meatball Sub  
**Variety of Fruit**  
Romaine Side Salad  
Roasted Potatoes  
Variety of Milk

#### MONDAY 21

(1) Teriyaki Chicken w/ Rice  
(2) Pasta w/ Meatballs & Roll  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
Variety of Milk

#### TUESDAY 22

(1) Chicken Parmesan w/ Roll  
(2) Ham & Cheese Sandwich  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

#### WEDNESDAY 23

(1) Soft Tacos  
(2) Cheese Quesadilla  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

#### THURSDAY 24

(1) Chicken + Waffles  
(2) Grilled Cheese  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

#### FRIDAY 25

NO SCHOOL

#### MONDAY 28

(1) Chicken Nuggets  
(2) Cheese Lasagna  
Roll (w/ either entrée)  
**Variety of Fruit**  
Mashed Potatoes  
Honey Glazed Carrots  
Variety of Milk

#### TUESDAY 29

(1) Hotdog  
(2) Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Variety of Milk

#### WEDNESDAY 30

(1) Bean & Cheese Burrito  
(2) Chicken Fajitas  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Variety of Milk

#### THURSDAY 31

(1) Ham & Cheese Croissant  
(2) Breakfast for Lunch  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Variety of Milk

#### MAKE A COMPLETE MEAL:

Entrees: Choose One

\*Fruit: Choose One OR Two

\*Vegetables: Choose One OR Two

Milk: Choose One

\*Must Choose a Fruit OR Vegetable\*

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