


## Weekly GLA Family Newsletter

**October 6, 2026**

# PRINCIPAL'S CORNER




Parents, Parent-Teacher Conferences are next Friday, October 16th from 11am - 7pm. These conferences will be held in person, and we ask that you RSVP for a meeting time if you have not already done so. Parents will have the opportunity to meet teachers and learn more about their scholar's academic progress. This is a great time to ask any questions you may currently have and explore ways to continue supporting scholars' growth. There will also be informational tables for school resources and programs.

For those planning to attend, please view the email sent on Friday, October 2nd with your child's homeroom's unique Sign Up Genius link. There you will sign up for a 15 minute conference slot in advance.

We hope to see you there!



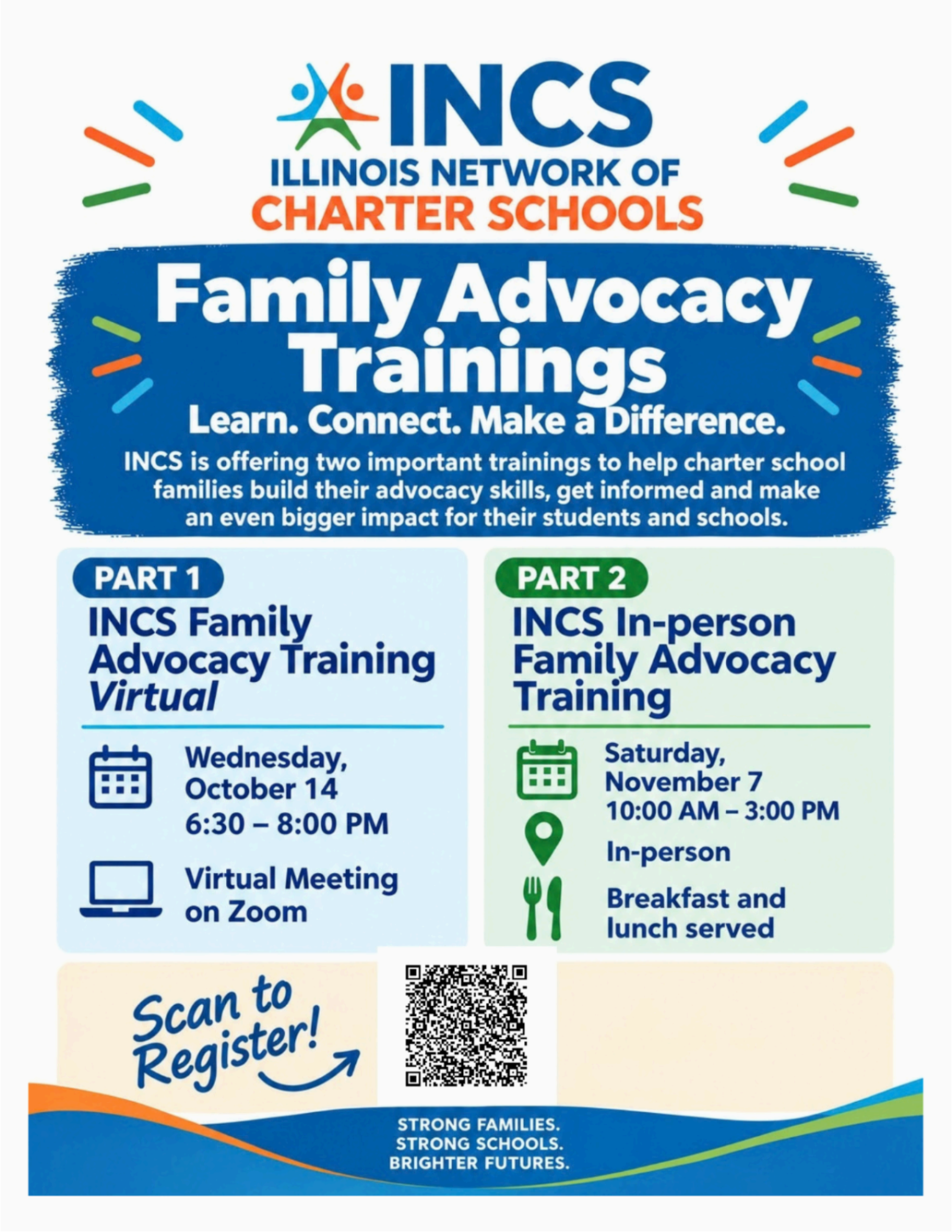
Principal Miller

# NEW ANNOUNCEMENTS

**Illinois Charter School Family Coalition Parent Trainings**

Families, please consider participating in two upcoming training sessions to help build up your organizing and advocacy skills to make change in our democracy. Our partner organization, INCS, is hosting a zoom training on Wednesday, October 15 (6:30 – 8:00 pm) and an in-person training on Saturday, November 7 (9:30 am to 3:00 pm). Breakfast and lunch served. Don't miss this opportunity. Sign up here.

Familias, les invitamos a participar en una próxima capacitación presencial para fortalecer sus habilidades de organización y defensa de causas, y así impulsar cambios en nuestra democracia. Nuestra organización asociada, INCS, ofrecerá esta capacitación el sábado 7 de noviembre (de 9:30 a. m. a 3:00 p. m.). No dejen pasar esta oportunidad. Inscríbanse aquí.




**Fall Fest + Fall Spirit Week (10/26-10/30)**




In order to participate in Fall Fest during school hours on Friday, October 30th scholars must meet the following expectations:

Marking Period: 10/19-10/29
0 Referrals
< or = 2 Resets
< or = 2 Absences to School

Families will be notified on Thursday, October 29th if their scholar cannot participate.

**Join GLA's Student Voice Committee**
We're excited to kick off this year's Student Voice Committee, which gives students a meaningful platform to contribute their perspectives, help guide school initiatives,

and shape GLA. If your child is interested, please encourage them to apply here or use the QR code below. Applications are due Monday, October 19th.




**Community Events with Chicago Youth Centers**

GLA's partner, Chicago Youth Centers (CYC), is hosting a community event and workshop series in recognition of International Day of the Girl Child. This day of recognition is used to highlight the unique experiences and challenges girls face, while simultaneously recognizing girls' rights and amplifying their voices. CYC has kindly extended invitations to their events to the GLA community. Please see flyers below for more information regarding the events and registration details.

CHICAGO YOUTH CENTERS
WHERE POSSIBILITY LIVES

MISS MOSAIC

NCBW 100
CHICAGO METROPOLITAN CHAPTER

EMPOWERED GIRLS. BRIGHTER FUTURES.

# INTERNATIONAL *Day of the* GIRL CHILD CELEBRATION!



A DAY TO CELEBRATE GIRLS, INSPIRE DREAMS, AND BUILD A BETTER TOMORROW!

**DATE:**
**10/10/2026**

**TIME:**
**10:00 A.M. – 2:00 P.M.**

**LOCATION:**
**REBECCA CROWN YOUTH CENTER**
7601 S PHILLIPS AVE
CHICAGO, IL 60649

ALL GIRLS AGES 7–16 ARE WELCOME!

*Join us for a day of:*

- EMPOWERING WORKSHOPS
- INSPIRING SPEAKERS
- LEADERSHIP ACTIVITIES
- HEALTH & WELLNESS
- FUN, GAMES & GIVEAWAYS!

BE SEEN. BE HEARD. BE YOU.

*Invest in a girl, CHANGE THE WORLD!*

CONFIDENT GIRLS. STRONG LEADERS. LIMITLESS POSSIBILITIES.

WWW.CHICAGOYOUTHCENTERS.ORG

SCAN TO REGISTER!




## 📸 Picture Day Is Coming Soon!

We are excited to announce that **Picture Day is Thursday, October 22nd!**
Picture Day is a great opportunity to capture a special moment in your scholar's school year. **Pre-order forms will be sent home with students next week.**

### 📸 Do Not Want Your Scholar Photographed?

If you **do not want your scholar's photo taken**, please contact the GLA Front Office at **773-530-3040** or email **Ms. Thunherst at sthunherst@glachicago.org** no later than

**Wednesday, October 21st**.

**Picture Day Dress Code Reminder**
Students **may dress out of uniform for Picture Day**, but all outfits must still follow GLA's school dress code guidelines.
When choosing your scholar's Picture Day outfit, please remember that the following are **NOT allowed**:

- Clothing with profane, inappropriate, or offensive messaging
- Visible undergarments or clothing worn as outerwear
- Midriff-exposing tops
- Hems shorter than **three inches above the knee**
- Hoodies or hooded shirts — these must be placed in lockers before class
-

**Important:** Students who do not follow the dress code will receive a referral and **will not be permitted to have their picture taken**.

Thank you for helping us make Picture Day a fun and successful day for all of our scholars!

## GENERAL ANNOUNCEMENTS

**Race to 10 is On!**
Race to 10 is heating up and we are close to a winner! Each day your student arrives at school and on time, their class moves one step closer to winning a free field trip of their choice. Attendance really makes a difference, so we encourage all families to help students be here every day and ready to learn.

Parents can win too! Families whose students participate will be entered into a parent raffle for two $25 gift cards. Thank you for helping your student and their class stay in the race!



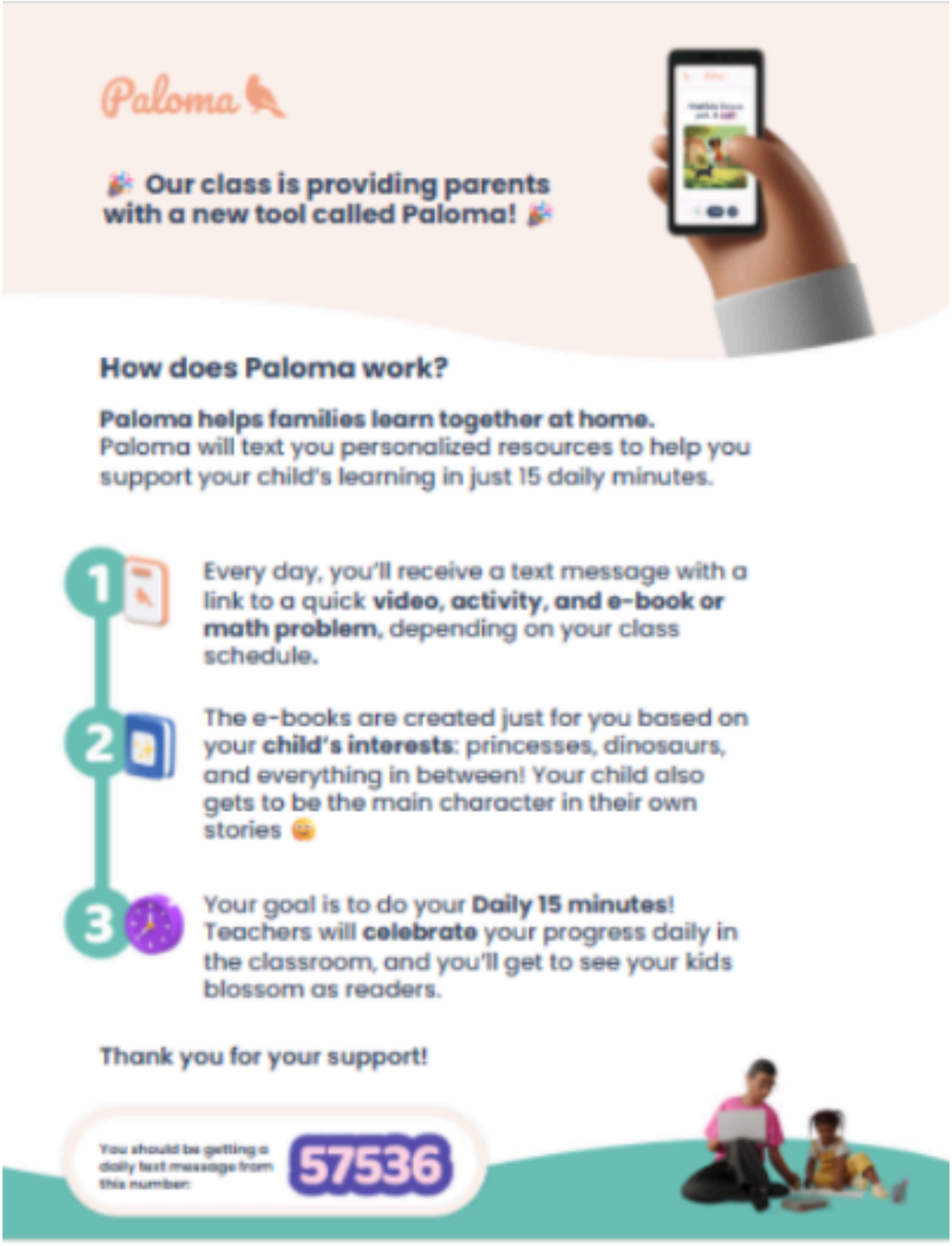

**High School Admissions Test (HSAT) for 8th Grade**
The HSAT is an online exam that will be administered to all 8th-grade students at 8:15am on Wednesday, October 7. Students who are not in school on this day will take the exam during a makeup window from October 12 - 23.

The test will take approximately 2.5 hours to complete, and will cover the content areas of English, Math, Reading, and Science, with calculators being permitted on the Math portion only. The HSAT will be administered to all students in English, with English Learners receiving standard accommodations.
There are many ways that families can help students feel confident and prepared for this exam:

- Access Free Practice Materials: Families can access free online PreACT 9 practice resources here.
- Prioritize Rest and On-Time Arrival: Ensure your child gets a good night's sleep before test day and arrives at school on time on October 7.
- Encourage a Positive Mindset: Remind your student to manage their time, read directions carefully, and tackle one question at a time.

Please reach out to Ms. O'Leary for any questions (coleary@glachicago.org)

**K-2 Homework reminder**

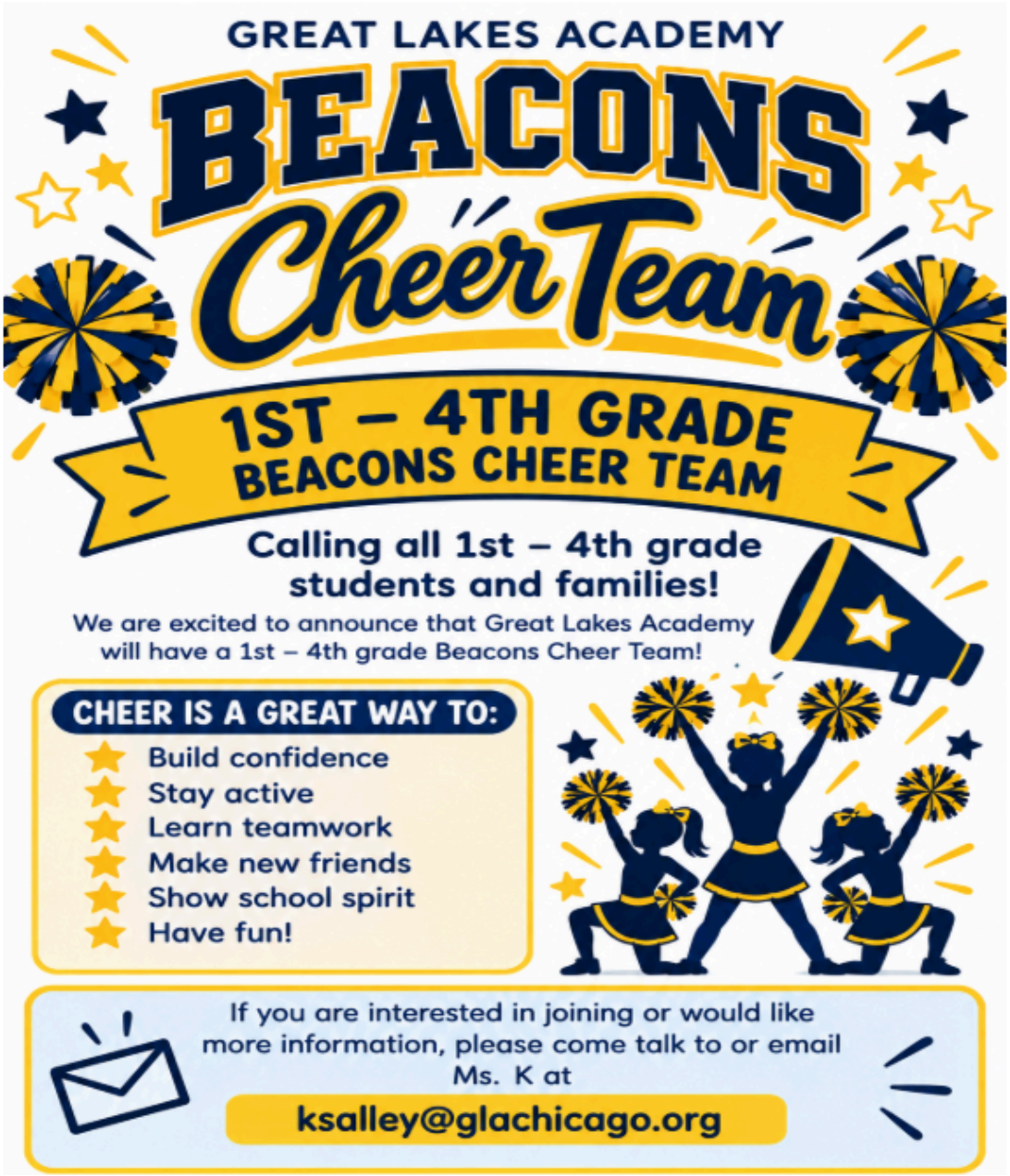



**1st–4th Grade Cheer**
Beacon Tykes cheer is here!

If you have a student-athlete in 1st-4th grade that is interested in cheerleading, please sign-up today! Interested student-athletes must attend our athletic orientation with their parents/guardians in person. Orientation will be Monday, 11/2 and will start at 6p.

The athletic fee per student will be $150. All student-athletes must have a sports physical on file to participate in GLA athletics. Any outstanding balances must also be settled before joining GLA athletic teams. Sign-up sheet can be found here.

Please keep in mind if the sign up exceeds 30 student-athletes we will be added on a first come, first serve basis.




**5th–8th Grade Winter Athletics**

Is basketball your scholar's favorite sport? Time to sign them up so they can dribble up and down the court!!

Winter sports season is approaching fast. Sign-ups are open now!

Winter season sports offered: Co-ed cheer, Girls basketball & Boys basketball.
The athletic fee per student will be $150/season.
If you have a student-athlete who might be interested in any winter sports, please fill out the interest form.
All student-athletes must have a sports physical on file to participate in GLA athletics. Any outstanding balances must also be settled before joining GLA athletic teams.
Please reach out to Coach P (tperez@glachicago.org) with any questions!

**FOOD & LUNCH REMINDERS**

- No food sharing between scholars; this will result in a consequence.
- **K–4 only: Classroom treats/snacks must be approved by the teacher in advance.**
- Please do not send large bags of chips, cookies, candy, etc. for sharing.
- Please do not send multiple small bags of snacks for scholars to pass out.

- If sending lunch from home, we **encourage families to provide a full lunch rather than just snacks**.
- These expectations help us support **food safety, allergies, and a safe lunch environment**.

**CPS Family Income Information**

GLA families, please complete the **CPS Family Income Information Form, linked below, for the 2026–27 school year**. Only **one form per household** is needed, and it takes just **2–3 minutes** to complete.

This form helps determine school funding that supports important programs at GLA, including our **free lunch program**.

Completed forms can be:

- Dropped off to the GLA front office
- Emailed to **sthunherst@glachicago.org**
-

**Paper forms are also available in the front office** for families who are unable to complete the form electronically.

Thank you for taking a few minutes to complete this important form and for your continued support of GLA!

English Form Spanish Form

🦷👓 **Mobile Dental & Vision Visits – 2026–27**

GLA is happy to announce that our **mobile dental and vision providers will be returning during the 2026–27 school year** to provide services to our students! Mobile dental providers are scheduled to visit GLA **Monday, January 26th through Wednesday, February 3rd** to provide dental services to students who sign up.

Vision providers will be scheduled once we have enough students registered for the service. **A minimum of 30 students must sign up before we can schedule a vision provider.**

In order for your student to be seen during these visits, a **completed consent form (front and back)** must be on file. Consent forms can be completed in either of the following ways:

- **Online: Complete the form and email it to sthunherst@glachicago.org**
- **In Person: Complete the form at the GLA Front Office, Monday–Friday, 8:00 AM–2:30 PM**
-

Please note the following **Illinois state requirements**:

- **Kindergarten, 2nd Grade, and 6th Grade: An updated Illinois Dental Exam is required.**
- **Kindergarten: A completed Illinois Vision Exam Form is required.**

We encourage families to complete the required forms as soon as possible so students are ready to participate when the mobile dental and vision providers visit GLA.

Thank you for helping us keep our students healthy and ready to learn!

Dental - English Dental - Spanish
Vision - English Vision-Spanish

**Important Medical Requirements – 2026–27**

Please be aware of Illinois medical requirements for the upcoming school year:

- **Incoming Kindergarten: Physical, required immunizations**

- **Incoming 6th Grade: Physical, required immunizations**
- **All other grades: Required immunizations and any medical documentation applicable to the student's grade level or enrollment status**

**If your student is currently not medically compliant with their required health documentation, you should have received an email and text message with information about the specific requirements that are still outstanding.**

**Submit all required medical documentation to the school by Thursday, October 15, 2026, to avoid medical exclusion.**

If your student has an **upcoming medical appointment** to complete a required physical or receive required immunizations, **proof of the scheduled appointment must be submitted to the front office before the medical exclusion date**. Providing proof of a scheduled appointment will prevent medical exclusion while the family is waiting for the appointment.

If we do not receive the required documentation or proof of a scheduled appointment by the deadline, your child **will be medically excluded from attending school** until all outstanding health requirements are completed and the school receives and verifies the appropriate documentation.

Medical exclusion is not a disciplinary action or suspension. It is a health requirement that schools are required to follow under Illinois law.

Questions? Contact **Ms. Thunherst at 773-530-3040 or sthunherst@glachicago.org**.
**Family Medical Resources:** Click Here for a list of local health centers and clinics that may offer free or reduced-cost services to assist families with physicals, immunizations, and other basic medical needs.

**Additional Family Medical Resources**
We have provided the following resources to assist families with completing their student's required health documentation:

- **Illinois Minimum Health Requirements: Information outlining the minimum health requirements for students as required by the State of Illinois.** **English** **Spanish**
- **School-Based Health Centers:** A list of school-based health centers that provide health services at no cost to CPS students. **English** **Spanish**

We encourage families to review these resources and schedule any necessary appointments as soon as possible.

**2026-27 School Calendar**
The 2026-27 school calendar is posted on GLA's website. Please view it here.

**School Year Office Hours**
Monday-Thursday, 7:30-4:30 pm
Friday, 7:30-2:00 pm

**GLA Breakfast, Lunch, and Supper Menus**
Access October's Breakfast, Lunch, and Supper menus here (these are also linked on our website's Parent and Student Resource Page)

# October 2026

Great Lakes Academy
Breakfast

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | **1**<br>• WG Buttermilk Biscuits<br>• Turkey Sausage<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **2**<br>• Danimals Strawberry Banana yogurt<br>• WG Goldfish Graham Crackers<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk |
| **5**<br>• WG Trix Cereal<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **6**<br>• Turkey Sausage Egg and Cheese Sandwich WG<br>• 100% Juice<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **7**<br>• WG Double Chocolate Chip Muffin<br>• WG Goldfish Graham Crackers<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **8**<br>• French Toast Sticks<br>• 100% Juice<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **9**<br>• WG Cinnamon Bagelful<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk |
| **12**<br><br><br>Indigenous Peoples Day | **13**<br>• Pancake sausage on a Stick WG<br>• 100% Juice<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **14**<br>• Apple Cinnamon Breakfast Round<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **15**<br>• WG English Muffin<br>• Turkey Sausage<br>• Sliced American Cheese<br>• 100% Juice<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **16**<br><br><br>PTC |
| **19**<br><br><br>Wellness Day | **20**<br><br><br>Professional Development Day | **21**<br>• WG Blueberry Muffins<br>• WG Goldfish Graham Crackers<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **22**<br>• Apple Cinnamon Oatmeal<br>• 100% Juice<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **23**<br>• Raspberry Yogurt<br>• WG Honey Grahams<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk |
| **26**<br>• Honey Cheerios WG<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **27**<br>• Pancake Bites WG<br>• 100% Juice<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **28**<br>• WG Apple Cinnamon Muffin<br>• WG Goldfish Graham Crackers<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **29**<br>• Breakfast Pizza WG<br>• 100% Juice<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk | **30**<br>• Cherry Frudel WG<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Chocolate Low Fat Milk<br>• Strawberry Milk |

# October 2026

Great Lakes Academy

Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | **1**<br>• Chicken Alfredo<br>• Steamed Broccoli<br>• WG Garlic Toast<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **2**<br>• Cheesy Breadstick WG<br>• Zesty Marinara<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |
| **5**<br>• Bosco Sticks<br>• Zesty Marinara<br>• Fresh Broccoli Bites<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **6**<br>• Beef Taco<br>• **Hard Taco Shell WG**<br>• Shredded Cheddar Cheese<br>• Chopped Romaine<br>• Golden Corn<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **7**<br>*Crispy Chicken Slider*<br>• Breaded Chicken Breast Fillet<br>• Slider Bun WG<br>• Sliced American Cheese<br>• Curly Fries<br>• Fresh Celery Sticks<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **8**<br>• Cheese Lasagna Roll-Up WG<br>• Seasoned Green Beans<br>• WG Garlic Toast<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **9**<br>• Turkey Hoagie<br>• WG Sub Bun<br>• Baby Carrots<br>• WG Chips<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |
| **12**<br><br><br>Indigenous Peoples Day | **13**<br>• Beef Burrito<br>• Golden Corn<br>• Refried Beans<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **14**<br>• WG Chicken Sticks<br>• Fresh Celery Sticks<br>• Hummus<br>• WG Dinner Roll<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **15**<br>• WG Cheese Pizza<br>• Romaine Garden Salad<br>• Grape Tomatoes<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **16**<br><br><br>PTC |
| **19**<br><br><br>Wellness Day | **20**<br><br><br>Professional Development Day | **21**<br>• Crispy Chicken Patty<br>• Spicy Chicken Patty<br>• WG Burger Bun<br>• Fresh Carrot Sticks<br>• Fresh Cucumber Slices<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **22**<br>• White Cheddar Mac & Cheese<br>• Steamed Broccoli<br>• WG Garlic Toast<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **23**<br>*Surf Burger*<br>• Cod Fish Patty<br>• WG Burger Bun<br>• Sliced American Cheese<br>• Tasty Tots<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |
| **26**<br>• Turkey Pepperoni Pizza WG<br>• Fresh Cucumber Slices<br>• Grape Tomatoes<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **27**<br>• Walking Taco<br>• Turkey Taco Meat<br>• Nacho Cheese<br>• WG Fritos<br>• Golden Corn<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **28**<br>• Boneless Chicken Wings WG<br>• WG Dinner Roll<br>• Fresh Celery Sticks<br>• Hummus<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **29**<br>• Beef Spaghetti<br>• Fresh Broccoli Bites<br>• WG Garlic Toast<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **30**<br>• **Sloppy Joe on a Bun**<br>• WG Burger Bun<br>• Tater Tots<br>• Baby Carrots<br>• Seasonal Fruit<br>Milk & Condiments<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |

# October 2026

Great Lakes Academy
Supper

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|
| | | | **1**<br>• Philly Beef Steak Club Roll Shredded Cheddar Cheese<br>• Oven Fries<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |
| **5**<br>• Chicken Drumstick<br>• WG Dinner Roll<br>• Corn on the Cob<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **6**<br>• Cheese Beef Slider<br>• Slider Bun WG<br>• Oven Fries<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **7**<br>• Meat Loaf<br>• Mashed Potatoes<br>• WG Dinner Roll<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **8**<br>• Turkey Sausage Pizza WG<br>• Romaine Garden Salad<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |
| **12**<br><br>Indigenous Peoples Day | **13**<br>• BBQ Meatballs<br>• Mashed Potatoes<br>• WG Dinner Roll<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **14**<br>• Beef Spaghetti<br>• Green Beans<br>• WG Garlic Toast<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **15**<br>Jerk Chicken Pita Melt<br>• Pulled Chicken<br>• Pita WG<br>• Oven Fries<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |
| **19**<br><br>Wellness Day | **20**<br><br>Professional Development Day | **21**<br>• Turkey Sausage Pizza WG<br>• Mixed Veggies<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **22**<br>Chicken Caesar Salad<br>• Chopped Romaine<br>• Diced Chicken<br>• WG Garlic Toast<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |
| **26**<br>• Cheese Quesadilla WG<br>• Corn on the Cob<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **27**<br>• Chicken Jambalaya<br>• WG Dinner Roll<br>• Baby Carrots<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **28**<br>• **Beef Mostaccioli**<br>• WG Garlic Toast<br>• Green Beans<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk | **29**<br>Chicken & Waffles<br>• Chicken Tenders<br>• WG Buttermilk Waffles<br>• Tater Tots<br>• Seasonal Fruit<br>Daily Milk<br>• Fat Free Milk<br>• Milk 1%, low fat, 8 fl oz.<br>• Strawberry Milk<br>• Chocolate Low Fat Milk |

## IMPORTANT UPCOMING DATES

## October 5 - October 30, 2026

| | | | | |
|---|---|---|---|---|
| 5<br><br>Girls JV/Varsity Volleyball Game (HOME)<br>4:30 - 6:30 pm | 6<br><br>Girls JV/Varsity Volleyball Game (AWAY)<br>4:30 - 7:30 pm | 7 | 8<br><br>JV Girls Volleyball Game (HOME)<br>4:30 pm | 9 |
| 12<br><br>**Indigenous Peoples Day**<br><br>**Building Closed** | 13 | 14<br><br>IA#1 Math | 15<br><br>End of Quarter 1<br><br>IA#1 Anet | 16<br><br>**No School**<br><br>**Parent Teacher Conferences 11AM - 7PM** |
| 19<br><br>Wellness Day<br><br>**No School** | 20<br><br>Staff PD<br><br>**No School** | 21 | 22<br><br>Picture Day<br><br>Girls JV/Varsity Volleyball Game (HOME)<br>4:30 - 7:30 pm | 23 |
| 26<br><br>Staff and Student Spirit Week | 27<br><br>Staff and Student Spirit Week | 28<br><br>Staff and Student Spirit Week | 29<br><br>Staff and Student Spirit Week | 30<br><br>Staff and Student Spirit Week<br><br>K-8th Fall Fest (during school hours)<br><br>Dia de Los Muertos Celebration (Observing) |

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