HIGHLANDS ELEMENTARY ODYSSEY MAGNET





OCTOBER 2025
HAPPY FALL!!

Highlands/Odyssey

Elementary

Phone: 920-852-5480

Fax: 920-852-5481



Highlands/Odyssey

2025-2026

Parent Handbook



What's For Breakfast & Lunch

October Breakfast Menu

October Lunch Menu



Highlands/Odyssey Picture Day

Tuesday, October 7th is our school picture day with Harmann Studios. On picture day, your student will come home with a proof sheet that includes instructions for online ordering. Click here for some important reminders and additional details for this day.

Picture Retakes are scheduled for Thursday, November 13th.

Fall Conferences

Conferences are coming up on Tuesday, October 14th & Thursday, October 16th.

You should be receiving a confirmation slip from your child's teacher soon with your conference date and time!



Highlands Elementary School & Odyssey Magnet School

Kari Krueger, Principal Michael Dexheimer, Associate Principal

Hello Tigers and Owls!

Happy fall! The first month of school has flown by! We have been working hard to build community, develop routines, teach and reteach expected behaviors, and grow students' academics. It has been my pleasure to watch your students grow, and I can't wait to continue to do so throughout the rest of this year.

As our school year begins, the staff really works hard to get to know your child/ren. Our teachers are constantly taking the pulse of their class to determine how their students are responding to lessons. Our teachers are skilled at using informal assessments (often observations of and/or discussions with your student) to decide if reteaching and/or enrichment needs to occur. Our teachers group students based on what they see in order to provide them instruction at their skill level.

Another way teachers learn more about your students is through formal assessment data; we are in the midst of the iReady testing window. This diagnostic pinpoints your student's skill level and will set an individualized learning path for him/her based on his/her current skills. We will share this data with you at conferences.

The other very important part of us getting to know your child/ren is your participation in parent teacher conferences. We believe education is a partnership, and we need your support to ensure we do the best we can each day. I ask that you please make parent teacher conferences in October a priority. Your child's teacher will be notifying you soon of your student's conference date and time.

If you have questions, concerns, or celebrations please do not hesitate to reach out. I want to be your partner in education.

Sincerely, Mrs. Krueger Principal

DATES TO REMEMBER

October 3rd - No Boys & Girls Club Before and After Care

October 3rd - Highlands Fall Spirit Wear Sale Ends

October 4th - Tough Kid Challenge - Register here

October 6th - 27th Simple Simon Fundraiser (PTO)

October 6th - PTO Meeting 3:45-4:45 pm (LMC)

October 7th - Picture Day/Vision Screening

October 10th - Panda Express Fundraiser 10:00 am-9:00 pm (PTO)

October 14th & 16th - Parent/Teacher Conferences & Scholastic Book

Fair - 4:00-7:30 pm on the 14th & 4:00-7:15 pm on the 16th

October 30th - Elementary Arbitrary Friday

October 31st - No School (Staff Development)

November 3rd - PTO Meeting 3:45-4:45 pm (LMC)

November 4th - 1st Quarter TOPS Celebration/Family BINGO 2:00 pm

Highlands/Odyssey Family Calendar

District Calendar

Important Yearly Reminders

- Supervision is available on the playground starting at 8:10 am and ending at 3:30 pm. Please do not drop off your student(s) prior to 8:10 unless they are in Boys & Girls Club. Any students that are not picked up by 3:30 will be sent to the office, and a parent/guardian phone call will be made.
- If your student is going to be absent, late, or has an appointment, report their absence before 9:00 am. An attendance messenger will go out at 9:15 am each day if an absence is not reported.
- Please make after school plans with your children in the morning before school. This helps avoid interruptions to classrooms while students are learning.
- Accidents happen! Please keep a change of clothes for your student in their backpack, including a
 pair of socks. This is helpful if they have an accident or get wet or muddy during recess.
- Please keep all parent/guardian or emergency contact information up to date throughout the year.
 Any updates can be made through the Parent Portal.



Highlands Elementary School & Odyssey Magnet School

Kari Krueger, Principal Michael Dexheimer, Associate Principal

BULLYING

The Appleton Area School District and our staff are committed to providing a safe, secure, and healthy environment that allows all students to maximize their learning potential. Education, intervention, awareness, and prevention exists for staff and students to ensure a learning environment that is free of bullying or intimidation.

The Board of Education and AASD staff consider bullying to be detrimental to the health and safety of students and disruptive to the educational process.

What is bullying?

Bullying is deliberate or intentional behavior using words or actions, intended to cause fear, intimidation or harm. Bullying includes aggressive and hostile behavior that is intentional and involves an imbalance of power between the bully and the bullied and is behavior that is repeated over time rather than an isolated incident.

This behavior may include but is not limited to physical and verbal assaults, nonverbal or emotional threats or intimidation, harassment, social exclusion and isolation, extortion, use of computer or telecommunications to send messages that are embarrassing, slanderous, threatening or intimidating (cyber-bullying).

Bullying may also include teasing, put-downs, name calling, rumors, false accusations, and hazing. Bullying based on sex, race, color, religion, age, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, cognitive, emotional or learning disability in its education programs or activities is also prohibited by law and Board policy.

In addition, the District prohibits bullying or discrimination on the basis of gender identity and gender expression. Bullying behavior is prohibited in all schools, buildings, properties, educational environments as well as on any school grounds or school buses. This includes any property or vehicle owned, leased, contracted, or used by the AASD such as public transportation regularly used by students to go to and from school and to school-sponsored events.

Students who engage in any form of bullying behavior at school or at a school-sponsored activity, will be subject to disciplinary action in accordance with Board policy. This action may include off campus behavior that causes substantial disruption to the educational environment. Consequences and sanctions for such actions, including retaliating against someone for reporting bullying behavior, may include but are not limited to, parent notification, suspension, expulsion, or referral to law enforcement officials for possible legal action. Student services staff will support the identified victim. The Positive Behavior Interventions and Strategies framework will be utilized to assist and support all students.

What are students learning about bullying and prevention?

The elementary and middle level curriculum provides students guidelines for school wide expectations and social responsibility outside the classroom. Students are taught the Stop/Walk/ Talk response to disrespectful behavior and practice the skills through role play. Stop/Walk/and Talk is a three step response students use to eliminate disrespectful behavior themselves and seek help from an adult if necessary.

Students are also taught how to appropriately respond when they are a bystander or the aggressor and practice these skills in groups. The groups address the issues involved with gossiping, inappropriate remarks,

and cyberbullying in each of the roles. The middle school curriculum also provides guidelines for school wide expectations and social responsibility outside the classroom but places more emphasis on addressing cyber-bullying.

Bully & Incident Reporting

If you think there's a threat to you, a friend, your school, or the community, don't wait. SPEAK UP, SPEAK OUT with an anonymous tip that can bring much-needed help.

The SPEAK UP, SPEAK OUT School Resource Center isn't just for students. Parents and community members can submit a confidential tip when they notice unsafe or risky behaviors that might be putting their child, other children, or the community in danger.

Students, parents, school staff, or any community members can submit a school safety concern or threat via a website, mobile phone application, or toll-free number. We recommend typing in "AASD" into the search field to see all AASD schools.

- Submit a tip now
- You may also make a report using your smartphone by downloading the SPEAK UP, SPEAK OUT app from the Apple Store and Google Play
- or by calling 1-800-MY-SUSO-1 to speak to a resource center analyst.

This system can be used to identify not just threats to schools, but also other daily safety concerns students encounter, such as bullying, drug use, self-harm, suicidal thoughts, and more. How do you know if someone might need help? Most SUSO tips fall into one of three categories - click on a category below to learn more.

- A Classmate Is Being Bullied Or Bullying Someone Else
- A Classmate Might Hurt Themselves
- A Classmate Might Hurt Others

Resource center staff work around-the-clock to respond to tips and to deploy a response locally by communicating directly with school administrators, law enforcement, and counselors. Learn more here.

Are staff trained?

Staff have participated in Bullying Prevention training. This training focuses on pre-correction of inappropriate behavior, rewarding the use of the three step response, and responding to reports of disrespectful behavior. It is well known that schools are successful when they help children grow academically, socially, and emotionally. For this to happen, it is imperative that we have a safe environment that is supportive and conducive to growth. By setting forth clear social and behavioral expectations, it is our goal to create an atmosphere for learning.

What can parents do?

To be most effective, bullying prevention efforts are the shared responsibility of parents, staff, and community. Parental pride and involvement in the school sets a positive example for children. As adults, we can:

- Teach self-respect.
- Discuss the seriousness and negative effects of bullying behaviors.
- Work together with your child's school to develop a consistent approach to bullying behaviors.
- Set a good example. Children learn more by actions than from words.

What is the Appleton Area School District's policy on bullying?

http://www.aasd.k12.wi.us/district/board_of_education/school_policies/

- Click "Series 400: Students"
- Select Policy 443.71, Bullying and Harassment

Scholastic Book Fair

The Scholastic Book Fair will be at Highlands & Odyssey starting Monday, October 13th through Friday, October 17th. The Book Fair will be open daily, during lunch from 11:40-12:55, and also during conferences from 3:15-7:15. If students are shopping on their own, they need to have money or an eWallet to enter the Book Fair. If you can't make it in person, you can also shop at our school's Online Book Fair. Your online orders will also benefit our school. Visit our Book Fair homepage to learn more and to get started with eWallet and online shopping.

Reading is a Gift Grant

We are excited to share that each student at Highlands will receive a book of their very own from the upcoming Scholastic Book Fair in a couple weeks! This is possible thanks to an anonymous donor's generous contribution to the Reading is a Gift Fund within the Appleton Education Foundation. Classroom teachers will pick a book from the fair for each student at their reading and interest level. We are so grateful for this opportunity!

Family BINGO

Save the date: Tuesday, November 4th at 2:00 pm is our Quarter 1 TOPS Assembly for our students who will be recognized for BEING SAFE. Family BINGO for all students and families to follow in your child's classroom.

Hope you can join us for this fun event! More information to come!

<u>Lunchroom Help Needed</u>

We are looking for help during our lunch hour from 11:30 a.m.-1:00 p.m each day (there is some flexibility in the days/times). This is a volunteer or paid position and is a great opportunity to work with the wonderful students in our building!

Contact Mrs. Krueger or Mr. Dexheimer in the office if you are interested.



From the Counselor

In Lifelong skills (LLS) classes we learn many social emotional learning (SEL) skills throughout the year. While the skills covered vary throughout the year, there are 2 areas that we focus on as a school. First, we learn and practice a mindfulness technique each month. Research shows that mindfulness can reduce stress, anxiety and symptoms of depression. Mindfulness can help increase focus and attention, emotional regulation and self-awareness. And mindfulness aids in positive interactions between people. In September we learn and practice Square Breathing. Here is a link you can use to practice with your child. https://youtu.be/W7bGXeMqTdU

We also throughout the year will learn specific feeling vocabulary. Emotions drive everything we do and when children have specific vocabulary to communicate how they are feeling, they are better able to regulate their emotions and behaviors. We also check in with students and their feelings regularly. Here are links for 2 two graphics we use to help students identify their feelings.



Feelings Poster



Feelings Gradient

Each month we focus on diving deeper into a specific feeling group, specific vocabulary in the group and ways to manage those feelings.

There are 4 questions that you can ask students that not only helps them regulate their emotions but also can be a great way to start the conversation about their day. When my kids were young and I asked "How was your day?" I usually got an answer of, "good" or "fine" which didn't tell me much. But if I asked the following four questions, we had a lot more conversation and I learned a lot more about what was happening at school. Those questions are:

- 1. What do you feel? (Looking for a specific feeling word-great time to use the chart from above.)
- 2. What is causing that feeling?
- 3. Where do you feel that in your body?
- 4. What can you do about it?

If you have questions about any of these, please don't hesitate to reach out.

Sarah Hestres
School Counselor
hestressarah@aasd.k12.wi.us
920-852-5480

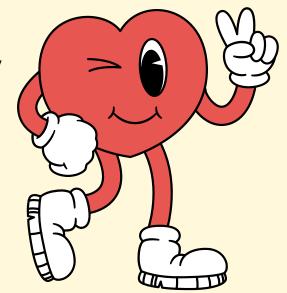
Run/Walk Club

GRADES 3 - 5

Start: October 6th at 3:30 - 4:00 PM

- Meet every Monday on the black top by door F at 3:30 PM
- Pick up at 4:00 PM on the playground
- → Wear athletic clothes & tennis shoes
- Permission slips returned to HIG/Mrs.
 Yoder if interested

To celebrate the end of our Run/Walk Club, we will participate in a Community First Credit Union Santa Scamper on Tuesday November 25, 2025.



- One-mile run/walk event preceding the Annual Downtown Christmas Parade
- Event begins at 6:40 7:15 PM at the corner of College Avenue and State Street. The race ends at Jones Park.
- Participants receive a beanie, DQ dilly bar and coupon for JDS burger

Participation Requirements

- >>> Students must be accompanied by an adult for the race
- Each student must run/walk with their adult
- Families are responsible for transporting their child to the start line and picking them up after the race.

If you are interested in participating in the scamper, please contact Katie Yoder at via text 920-515-0216 or email yoderkatie@aasd.k12.wi.us



Tough Kid Challenge Volunteers Needed

We are looking for adults or high school students who are interested in volunteering during the Tough Kid Challenge on Saturday, October 4th. Click here to sign up for a time slot to volunteer for this fun event!



Tri-County Dental Program

Tri-County Dental is offering an oral health program for children at Highlands & Odyssey that DO NOT HAVE DENTAL INSURANCE. The program includes: a dental exam, cleaning, x-rays, fillings, fluoride treatments and oral health education. Click the link below for additional information including how to register.

Tri-County Dental Program

Spot Vision Screening

AASD has partnered with Appleton Noon Lions Club this school year to screen the vision of AASD students using their SPOT camera. See below for consent for vision screening letters and additional information about the program.

ENGLISH

SPANISH

HMONG



News from the

School Nurse:

October Newsletter

Oct. Newsletter - Spanish

Oct. Newsletter - Hmong

News from the AASD

Birth-Five Outreach Program:

October Newsletter

3-5 Year Developmental
Screenings





SFOX VALLEY TOUGHKID⁵ Challenge



\$20

AFTER 9/26

\$25





9 A.M. - 1 P.M.



HIGHLANDS ELEMENTARY 2037 N ELINOR ST.



FOX VALLEY TOUGH KID CHALLENGE (TKC) IS AN OBSTACLE COURSE EVENT FEATURING KID-FRIENDLY, YET CHALLENGING OBSTACLES THAT BENEFITS THE APPLETON AREA SCHOOL DISTRICT'S PHYSICAL EDUCATION DEPARTMENT.

THE 1.55-MILE COURSE AND 30 OBSTACLES
CHALLENGE THE AGILITY AND STRENGTH OF OUR
PARTICIPANTS. RUN. JUMP. CLIMB. CRAWL.
HAVE FUN.





Highlands Spirit Wear Sale

We are partnering with a new vendor this year for our Highlands school apparel! Note, you can order anytime throughout the school year but for best pricing, order during our Fall Sale which ends tomorrow, Friday, October 3rd. All orders will ship free to our school or can be also be shipped to your home. Click here for instructions on how to order.

We need your help!

Fall conferences are coming up and the PTO is putting on a dinner for staff on October 14th. Click here to help provide our wonderful staff with a taco dinner. Monetary donations are also accepted.

The Scholastic Book Fair will be here the week of conferences and we are looking for volunteers to help run the fair. Click here to view volunteer spots needed and to sign up for a time slot.

Thanks!

Upcoming Fundraisers

Simple Simon

Our Simple Simon Fundraiser is coming up and will run from October 6th through October 27th. Order forms will be available soon. Order pick up will be on Monday, November 24th from 3:30-5:00 pm. Be sure to order some delicious treats, available in time for Thanksgiving, and help support our school!

Panda Express

Friday, October 10th

10:00 am - 9:00 PM

Flier



When: Monday, October 6th

Where: LMC

Time: 3:45-4:45 pm

All are welcome!

THE PTO NEEDS YOU!



CHILDREN BENEFIT

Research shows that participating in your child's school showing engagement helps them perform better academically

THE SCHOOL BENEFITS

The PTO performs support for school teachers and administration which in turn creates a positive and caring atmosphere in the school.





MAKE CONNECTIONS

Get to know the teachers and staff better, and make life-long friends with parents at the school.

IT'S GOOD FOR YOU

Socializing with other parents and volunteering to do good for your child's school is fun, and rewarding!







CHECK OUT OUR FACEBOOK PAGE:

HIGHLANDS/ODYSSEY ELEMENTARY PTO

EARN CASH FOR SCHOOLS WITH BOX TOPS

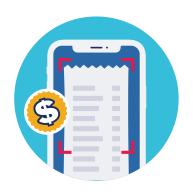
TOGETHER, WE CAN MAKE A BIG DIFFERENCE

For over 25 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find hundreds of participating products throughout the store — and all you need is the Box Tops app.



HERE'S HOW IT WORKS:





SCAN
qualifying receipts
in the app



SUBMIT qualifying digital receipts in the app



your Walmart and Box Tops accounts



ONLINE SHOPPERS CAN EARN WITH BOX TOPS, TOO!

Whether you order groceries for delivery or pickup, shop through your store's app, request an email receipt at checkout or shop with your Walmart connected account, you can earn for your school no matter where you shop.



Free & Reduced Information

Please make sure to fill out a free & reduced application if your family qualifies and return to the school office. By completing the sharing information form, we are able to waive school fees as well. Forms are available here.

Free or Reduced Carry-Over Status Ends October 15th

AASD families approved automatically or through an application for Free or Reduced Meals for the 2024-2025 school year, we want to remind you that carry-over status, which allows families time at the start of the school year to submit a new annual application, will expire on October 15, 2025. Please submit your completed Free or Reduced application to determine eligibility for the remainder of this school year.

Community Opportunities for Students

Each month the AASD shares local, community opportunities for students. These community opportunities for students include upcoming events and activities such as art and music camps, youth athletics, cultural events, enriching programs, and more. We encourage our families to review these opportunities for students of all ages. Check out the AASD COMMUNITY OPPORTUNITIES FOR STUDENTS PAGE for a current list of opportunities.

Highlands/Odyssey

Welcomes Musical Guests

On Friday, September 12th, Highlands
Kindergarten, 1st and 2nd grade and
Odyssey 2nd and 3rd grade welcomed
Katherine Biskupic and Hillary Reynolds to
the music room. They sang with students
and shared their new picture book, "Send
My Love." What a great way to start the
school year with special musical guests!



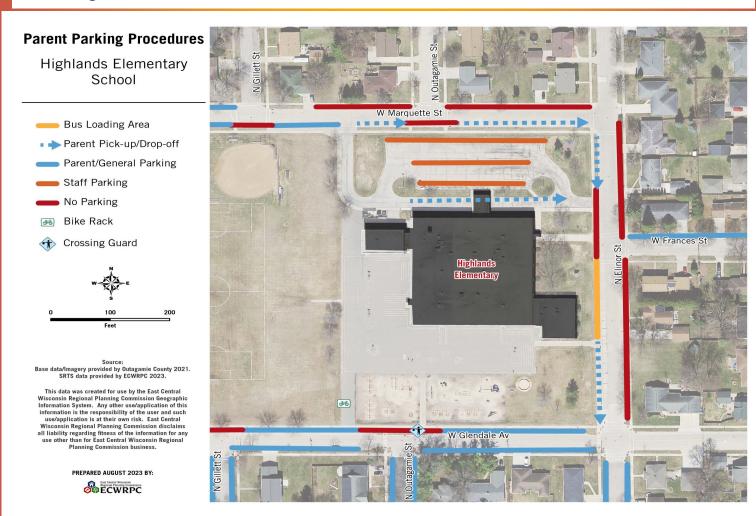






Please follow these guidelines for dropping off and picking up your student(s):

- You may park in any of the areas on the map shown in **blue**. Remind your student to
 use the crosswalks and crossing guards when crossing the street and to cross with
 caution.
- Please do not park in areas marked in red or yellow as they are designated no parking zones or bus zones.
- Areas marked with blue dashed lines are designated hug n' go zones. Cars should pull over, students should exit on the passenger side, and the car should exit the area.
 Cars should not be in this area for longer than one minute and cars should never be parked or left unattended.
- Please note that the canopy doors (Main Entrance) are for students/families
 with disabilities only and cabs; a parking pass is needed for this area. We have
 barricades up starting at 8:10 in the morning until the bell rings, and after
 school until 3:30. Only vehicles with parking passes will be allowed to enter
 during these times.



Safe Routes to School Information & Map

- Click <u>here</u> for a letter from the Appleton Police Department & Department of Public Works with helpful information on how to get your elementary kids safely to and from school.
- Click here for a Safe Routes to School walking map for Highlands Elementary.



5K-3 Literacy Screener for Families

Fall 2025

A Wisconsin education law, called *Act 20*, requires all students in 5K–3rd grade to take a literacy screener at three different points during the year. A **screener** is a short check of your child's reading skills that helps teachers see how your child is growing as a reader and plan instruction to meet your child's individual needs. If your child is identified from the screener as needing additional support, a personal reading plan will be created for your child and shared with you.

The state literacy screener is called aimswebPLUS, and soon, your child's teacher will begin administering the screener.

What literacy skills will my child be checked on?

The screener looks at the building blocks of reading. A full list of skills by grade level is included on the back of this letter. Depending on your child's grade, the check may include:

- Knowing letters and the sounds they make
- Hearing and working with sounds in words (phonemic awareness)
- Sounding out and reading words (decoding)
- Understanding word meanings (vocabulary)

When will the literacy screener happen?

The aimswebPLUS literacy screener will be given three times each year: fall, winter, and spring.

- Our fall screening window will occur Sept. 30- Oct. 14.
- All 5K-3 students will be screened again in January and in April.
- You'll receive results at your fall and spring conferences, and at the end of year.

The Kindergarten/Grade One screener is done one-on-one with each child, giving teachers helpful information about your child's reading progress. The Second and Third Grade Screener is done one-on-one, as well as whole group.

Do I need to prepare my child?

No preparation is needed. The law requires all students participate and may not opt out of testing. These checks are short and child-friendly. For example:

- Kindergarten and 1st grade students may point to pictures that match words the teacher says.
- 2nd and 3rd grade students may read a short passage out loud for one minute.

Questions? If you'd like more information, please reach out to your child's teacher, principal, or the Director of Elementary Education: willercarrie@aasd.k12.wi.us. Together, we are excited to support your child's reading growth this year!



5K-3 Literacy Screener

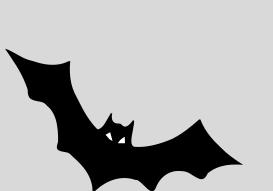
What early literacy skills will be measured?

- Alphabet knowledge: Knowing the names of printed letters.
- Letter sound knowledge: Knowing the sounds of printed letters.
- Phonemic awareness: Hearing, saying, and manipulating individual sounds in spoken words.
- **Decoding skills:** Connecting sounds to written letters to read printed words.
- Oral vocabulary: Understanding the meanings of words when speaking or listening.

The aimswebPlus literacy screeners that measure the skills above are based on a student's grade level. You can learn more about these assessments below:

Assessment	Grade	What Your Child Will Do	Time
Letter Naming	5K-1st Grade	Say the names of letters they see on a page	1 min
Letter Sounds	4K-1st Grade	Say the sounds of letters, syllables, or simple words	1 min
Beginning Sounds	4K-5K	Point to a picture that starts with a sound the teacher says, or say the beginning sound of a word	2-3 min
Breaking Words into Sounds	5K- 1st Grade	Hear a word and say each sound in it (e.g., "cat" \rightarrow /c/ /a/ /t/)	2-3 min
Vocabulary with Pictures	5K-1st Grade	Match a word the teachers says to the correct picture	2-4 min
Vocabulary	2nd-3rd Grade	On a computer, choose the meaning of a word from several options	4-7 min (not timed)
Reading Out Loud	1st-3rd Grade	Read two short stories aloud to the teacher	2 min each

APPLETON WEST DRAMA CLUB'S ANNUAL



TRICK

OR

OFREAT TRAIL



COME JOIN US ON APPLETON WEST'S TRACK FOR A THRILLING NIGHT OF TRICK OR TREATING!

BE SURE TO WEAR YOUR COSTUME!

FREE TO ATTEND AND NO REGISTRATION REQUIRED

OCTOBER 23RD, 2025

5:30-6:30 P.M.

APPLETON WEST TRACK 610 N BADGER AVE

BE SURE TO BRING A BAG FOR ALL YOUR TREATS!

** IN THE EVENT OF INCLEMENT WEATHER
THE EVENT WILL MOVE INSIDE **





Appleton West Youth Basketball Association (AWYBA)

2025-2026 Season Registration Open!

Registration for the 2025-2026 basketball season is open for the Appleton West Youth Basketball Association (AWYBA). Our program is open to grades 2nd- 8th for both boys and girls. We welcome all kids who have an interest in basketball to register online!

Registration closes on <u>October 5th</u> at 12:00 PM CST during our player assessments so sign up now to get your player their spot!

Registration can be found on our website at www.awyba.com or scan the QR Code to go right to our registration page!



Additional Opportunity...Little Dribblers!

We are excited to bring back again this year Little Dribblers! This is open for K-5th grade boys and girls.

Dates: 10/11, 10/18, 10/25, 11/2 Location: Wilson Middle School

Times: K-2nd Grades: 8:30-930 AM Cost: \$10 cash or check to AWYBA

3rd - 5th Grades: 9:30-10:30 AM

QUESTIONS OR WANT TO KNOW MORE?

CHECK OUR WEBSITE AT

WWW.AWYBA.COM



Monthly Newsletter

October 2025



Vegetables

e Great for

Did you know?

A number of schools in our district participate in the USDA's Fresh Fruit and Vegetable Program (FFVP). Your school is one of them. The FFVP provides students with a healthy snack when they are away from home, As a way to promote healthful eating habits. The FFVP is free to all elementary school students. The snacks are provided everyday, but not during lunch or breakfast. The program features a variety of unique and sometimes new fruits and vegetables to students that they may otherwise not have had the opportunity to sample. To find out more about the program, please check out WI's FFVP webpage: dpi.wi.gov/schoolnutrition/program's/fresh-fruit-vegetable.

Fruit and Vegetable Spotlight



Sweet Potato

You would have to eat 23 cups of broccoli to take in the same amount of Vitamin A that is in one Sweet potato.



FUN FACT

Oranges are an excellent source of vitamin C, which helps maintain healthy skin, bones and teeth.

Why eat fruits & vegetables?

- Cantaloupes do not ripen once they are picked from the vine.
- Large turnips were used to carve Jak-O-Lanterns prior to the pumpkin.

This institution is an equal opportunity provider. Info found at https://dpi.wi.gov

SPOOKY APPLE SMILES

Prepare to be spooked with these apple smiles!

Ingredient List: 1-2 red apples Peanut butter Mini marshmallows



Instructions

1. Wash and dry apples. Slice into thick slices...

2. Spread peanut butter on the flat edge of 2 apples

- 3. Place 5-6 marshmallow on the peanut butter side of one apple slice. Top with the other apple slice, peanut butter facing the marshmallows.
- 4. Enjoy your spooky apple smiles!

October

FFVP

2025

This is an equal opportunity provider

	NO SCHOOL	Turnip Sticks	Grapefruit	Orange Wedges	Snack Apple	
	32	30	29	28	27	26
			**			
	Watermelon Radish	Zucchini	Mango Chunks	Orange Wedges	Snack Apple	
25	24	23	22	21	20	19
		*				
	Rutabaga Sticks	Apple/Grape Combo	Yellow Squash	Orange Wedges	Snack Apple	
18	17	16	51:	14	13	12
	and the second			5		
	Sweet Potato Chunks	Rainbow Carrots	Cantaloupe	Seckel Pear	Snack Apple	
11	10	9	8	7	9	5
	Colored Cauliflower	Pineapple	Orange Wedges			
4	3	2	1			
Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday

^{*}Menu subject to change without notice