



September 17th, 2019

Today's Rotation 3-4-5-6-1-2

Breakfast \$1.50:

M – Breakfast Turkey Sausage Pizza or Honey Bun or Ultimate Breakfast Round or Assorted Cereals **T**– Waffles or Maple sausage biscuit. **W** –Breakfast Bacon Burrito or Peach Yogurt Parfait or Ultimate Breakfast Round **TH** –French Toast and hash brown or Bagel **Fri** –Egg and Cheese Croissant or Mini Blueberry Waffles or Ultimate Breakfast round.

Lunch \$2.95: M – Spicy Chicken Salad Roll, Uncrustable Sandwich, Chicken Crispy Rounds and Dinner Roll, Big Daddy Variety Pizza, Cheeseburger **T-** American Sub, Yogurt, Muffin, & Seeds, Chicken & Waffles, Pizza Crunchers, Spicy Chicken Sandwich. **W-** Spicy Chicken Salad Roll, Uncrustable Sandwich, Bean and Cheese Burrito, Big Daddy Variety Pizza, Cheeseburger. **TH** -American Sub, Yogurt, Muffin, & Seeds, Macaroni & Cheese, Pizza Crunchers, Spicy Chicken Sandwich. **Fri** - Spicy Chicken Salad Roll, Uncrustable Sandwich, Hot Cuban Sandwich, Big Daddy Variety Pizza, Cheeseburger

Volleyball

Cope Volleyball: Come out and support Cope Volleyball at our first home game of the season this Wednesday! We will be taking on the Clement Vikings. GO EAGLES!

Safety Reminder

Students, please remember to use the crosswalk when crossing the street. This is for YOUR safety!

Run Club

Run Club practice is at 7:40 on Mondays and Wednesdays. Come dressed and ready to run! Your absolute cut off for ordering a t-shirt is is **September 18** by 9 AM.

Avid

Every Wednesday is College Wear Wednesday for students at Cope Middle School. Please join our entire school in showing off your college spirit by wearing your favorite college t-shirt, sweatshirt, or jacket!

Reflections

PTA Reflections is going on NOW! If you are looking to participate in this year's Reflections, you will need to submit your entry by Friday, September 27. The theme is "Look Within." You can submit an entry in any of the following formats: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts, or Special Arts. Pick up an entry form in the Student Center.