

# Beattie Middle School

## Student Bulletin

Monday, October 29, 2018

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

Note New Menu Items in Red

**Breakfast \$1.50:** M -Egg/Beef Sausage Ciabatta, Banana Square, Uncrustable, Asst. Cereal T - French Toast/Hash Brown, Double Chocolate Muffin, Uncrustable, Asst. Cereal W - Berry Yogurt Parfait, Banana Square, Uncrustable, Asst. Cereal TH - French Toast/Hash Brown, Double Chocolate Muffin, Uncrustable, Asst. Cereal F -Egg/Beef Sausage Ciabatta, Banana Square, Uncrustable, Asst. Cereal  
**Lunch \$2.95:** M -Beef Taco Salad, Yogurt Box, Meatball Sandwich, Variety Pizza, Spicy Chicken Sandwich T - Buffalo Chicken Wrap, Uncrustable, Breadstick w/marinara, Cheeseburger, Wet Burrito W - Turkey Cheese Croissant, Yogurt Box, Tamale/Pan Dulce, Spicy Chicken Sandwich, Variety Pizza TH - Beef Taco Salad, Uncrustable, Buffalo Cheese Crunchers, Filet-O-Fish Sandwich, Cheeseburger F - Buffalo Chicken Wrap, Yogurt Box, Teriyaki Chicken/Chow Mein, Variety Pizza, Spicy Chicken Sandwich  
**Sides:** Asst. Chips, Fresh Fruits & Vegetables, 100% Fruit Juice, 1% White & Nonfat Chocolate Milk  
**Bottled Water .50**

### CHAIN LINKS QUOTE OF THE WEEK

**"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. Today may be all you have."**

John Wesley (1703-1791); Theologian

### CHAIN LINKS WORD OF THE WEEK

**Indolent:** adj. Not wanting to do any work; averse to activity, effort, or movement.

Synonym: Idle; lazy; shiftless; slothful

The rainy weather left her feeling **indolent**; she simply wanted to curl up with a good book.

His **indolent** attitude frustrated his parents; he only wanted to play video games and watch TV. They begged him to get a job.

The **indolent** boy had to be forced to complete his chores.

**Red Ribbon Week:** This year's theme is "Life is Your Journey – Travel Drug Free". There will be daily activities as outlined below. All activities and incentives are supported by PTSA.

**TOMORROW – "Stay Strong against Drugs"**

Wear Camo and sign banner / Place ticket in grade level box

**Wednesday – Wear Red Day**

Minimum Day / Out at 12:40

**Thursday – "Our future is Bright"**

Wear Colorful Socks and receive a licorice / Place ticket in grade level box

**Friday – "Scare off Drugs"**

Wear Halloween Colors / Place ticket in grade level box

3 names will be pulled per grade level to receive an In & Out gift card

Halloween: