

Beattie Middle School

Student Bulletin

Friday, November 16, 2018

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

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

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may be a thought of appreciation, but GRATITUDE is the physical expression of thankfulness by writing a thank you note, saying, "Thank you!" or simply being kind someone else. Develop a "thankful" attitude and show "gratitude" each day through what you DO!!"

Dr. Billy Graham; Pastor, Preacher, Author

CHAIN LINKS WORD OF THE WEEK

Imperturbable: adj. Marked by extreme calm and steadiness

Synonym: Unexcited, impassive; unshakable; unflappable

The firefighter was **imperturbable** even in the face of chaos and panic as a result of the fire; he remained calm and focused.

His **imperturbable** demeanor keeps others around him calm.

The huge, **imperturbable** oak tree remained standing firm despite the powerful storm.

Ski & Snowboard Club: Packets are available from Mrs. Jackson in E-14 and from the student center. They must be returned to Mrs. Jackson by Friday, December 7 at 3:30 pm.

Attention students: Items that are left in lost in found after school TODAY will be donated to Angel's Closet. Lost and found items are kept in the student center. Students may come in to the student center before school, lunch or after school to check for items.

Attention all students: The 2018-2019 Middle School Athletic Clearance Participation Packet is now available on our school website. This packet must be completed, returned to our school office and processed BEFORE you may try out for soccer which will be the first sport offered during third quarter this year. You must plan ahead knowing the packet requires that you also get a physical exam as part of the clearance process and this will take some planning by you and your parents. Get this done early if you plan to try out for soccer beginning January 7th. Go Bobcats!!!!