

# Beattie Middle School

## Student Bulletin

Monday, January 7, 2019

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

Note New Menu Items in Red

**Breakfast \$1.50:** M/F – Breakfast Pizza, Bagel and Cream Cheese, **Benefit bar**, Asst. Cereal, Yogurt, String cheese T/TH – Waffles and Turkey Sausage, Berry Yogurt Parfait, **Benefit bar**, Asst. Cereal, Yogurt, String cheese W – Egg and cheese croissant, Apple Cinnamon muffin top, **Benefit bar**, Asst. Cereal, Yogurt, String cheese

**Lunch \$2.95:** M – **Fiesta Rice/Bean Shaker**, Uncrustable, **Sweet/Sour chicken and Rice**, Variety Pizza, **Western Burger**, Cheeseburger, Pop Chips T – Popcorn Chicken Salad, Turkey stick/Cheese stick/Corn Bread, **Crispy rounds/Garlic Roll**, Bean/Cheese Burrito, Spicy Chicken Sandwich, Sun Chips W – Popcorn Chicken Salad, Uncrustable, Turkey Gravy/Roll, Variety Pizza, Cheeseburger, Pop Chips TH – Fiesta Rice/Bean Shaker, Turkey Stick/Cheese Stick/Cornbread, Chicken/Waffles, **Beef Taquitos/Queso Blanco**, Spicy Chicken Sandwich, Sun Chips F – Popcorn Chicken Salad, Uncrustable, **Chili Potato/cornbread**, Variety Pizza, Cheeseburger

**Sides:** Asst. Chips, Fresh Fruits & Vegetables, 100% Fruit Juice, 1% White & Nonfat Chocolate Milk

### CHAIN LINKS QUOTE OF THE WEEK

In his "Dream Speech" in Washington D.C. in 1963, Dr. Martin Luther King Jr. addressed over 250,000 people from the steps of the Lincoln Memorial, and his speech was broadcast nationally on television. In his speech, Dr. King said, "We must not allow our creative and peaceful protest to degenerate into physical violence...we must rise to the majestic heights of meeting physical force with soul force." Later in the speech, he said, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." Dr. King's leadership led to the passing of the 1964 Civil Rights Act, and he was the youngest recipient of the Nobel Peace Prize in 1965. He is remembered for his moral leadership, courage, and commitment to Civil Rights for ALL.

Dr. Martin Luther King, Jr.; 1929-1968; Author, Civil Rights Activist, Nobel Peace Prize Winner

### CHAIN LINKS WORD OF THE WEEK

***irascible*** (adj.): Easily angered or annoyed; having a bad temper

Synonym: Crabby; cranky; choleric; petulant

His ***irascible*** attitude disallowed meaningful friendships with others.

She is ***irascible*** in the morning before getting her coffee

The dog was particularly ***irascible*** to strangers.

Ebenezer Scrooge is a cold-hearted and ***irascible*** character early in Charles Dickens' A Christmas Carol; he evolves later in the novella.