



Cope Middle School

May 10, 2022

Today's Rotation 2-4-6

Breakfast: **M**-Cinnamon Toast Crunch, Cocoa Puffs Cereal, Frosted Shredded Wheat Cereal, Honey Bun, Honey Oat Scooters, Marshmallow Matey's Cereal, Tony's Breakfast Sausage Pizza, Ultimate Breakfast Round, Fruit, Juice and Milk **T**-Cinnamon Toast Crunch, Cocoa Puffs, Dutch Waffle Frosted Shredded Wheat, Honey Oat Scooters, Maple Pancake, Chicken Sausage Sandwich, Marshmallow Matey's Cereal, Oatmeal Chocolate Chip BeneFit Bar, Fruit, Juice and Milk, **W**- Berry Yogurt Parfait, Cinnamon Toast Crunch, Cocoa Puffs Cereal, Frosted Shredded Wheat, Honey Oat Scooters, Marshmallow Matey's Cereal, Mini Choc. Chip French Toast Bites, Ultimate Breakfast Round, Fruit, Juice and Milk, **TH**-Bagel, Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal, Frosted Shredded Wheat Cereal, Honey Oats Scooters, Marshmallow Matey's Cereal, Oatmeal Chocolate Chip BeneFit Bar, Tony's Breakfast Sausage Pizza, Fruit, Juice, and Milk, **F**-Cinnamon Toast Crunch, Cocoa Puffs Cereal, Eggo Mini Maple Waffles, Frosted Shredded Wheat Cereal, Honey Oat Scooters, Maple Pancake, Chicken Sausage Sandwich, Marshmallow Matey's Cereal, Ultimate Breakfast Round, Fruit, Juice and Milk

Lunch: **M, W and F**- Bagel Box, Big Daddy Four Cheese Pizza, Big Daddy Pepperoni Pizza, Krispy Chicken Salad, Senor Felix Burrito, Spicy Chicken Sandwich, Fruit and Vegetables, Juice and Milk, **T and TH**- Cheeseburger, Krispy Chicken Sandwich, Orange Chicken and Rice, Pizza Crunchers, Spicy Chicken Salad, Yogurt, Muffin and Seeds, Fruit and Vegetables, Juice and Milk

Attention all Cope Eagles!: Are you interested in purchasing a Cope t-shirt, long sleeve, or sweatshirt? Come to Mrs. Clark's room (H22) to pick up an order form and see the available spirit wear and prices.

Attention CJSF Members: If you would like to be a speaker at the May 23rd Induction Ceremony, then prepare a 3-5 minute speech on either **A:** The importance of education or **B:** The value of community service. Audition in the MPR after school at 3:30 PM on Wednesday, May 11. The top 2 speakers will be selected.

Attention all 8th graders: Have you thought about playing high school football next year? Anyone that is interested please come to a lunch time meeting in the lecture hall with Redlands High School Varsity Head Coach! He will be here to tell you how to get cleared for summer! Any questions see Coach Vazquez during PE

Attention 7th Graders: Are you interested in traveling to Washington DC next spring break 2023 with your friends? If so, come get an information flyer from Ms. Stark in C-8! You can also send an email to ashley_stark@redlands.k12.ca.us for more information. *This is not a school or district sponsored trip.

Attention 6th and 7th graders: are you interested in drama? Would you like to take a drama class next year? If yes, email Ms. Cooke, your counselor, or stop by I-26 to get on the list! No prior experience is necessary.