

August Back-to-School Month

Cope Middle School

August 12, 2022

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

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

SOAR - Students, what does it mean to SOAR? It means you are Safe, Organized, Accountable, and Respectful to yourselves, others, and the Cope Middle School Campus. We believe in you and know you will do the right thing and SOAR in all you do, always!

All Cope Eagles: If you would like to learn to play the drums and be a part of the Cope Percussion section and drumline please see Mrs. Chaplo in room L-40. It is open to all grades.

Attention Athletes: Would you like to be a student athlete and represent your school playing volleyball against Beattie, Moore, and Clement? You must complete a clearance packet online (it can be found on Cope's website under the Athletics tab) and return the physical form stamped and signed by the doctor. You cannot tryout without being cleared. Come be part of the Cope Volleyball Team. An informational meeting will be held at both lunches on Monday August 15th in Ms. Fogleman's room B-3. Tryouts will begin at 3:30pm on Tuesday August 16th. If you have any questions, please speak to Coach Fogleman in B3 or Coach Roque in J34.

ALL Cope Students: Zero Period is FULL and Closed for entry. Also, Counselors are not changing schedules for teacher changes or for period switches.

All Cope Eagles: All students who have zero period MUST be at the gate at 7:30 to be let into the school.