



Cope Middle School

September 23, 2022

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

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 Cope Eagles: If you have misplaced or think you have lost your water bottle or hydroflask please go to the student center and check the lost and found. At the end of **every Friday** we will be donating the left water bottles to charity.

Hey 6th Graders! WEB will be hosting its annual Ice Cream Social on September 30th from 3:30 to 5:30 pm near the lunch tables. Purchase of a ticket includes a cup of ice cream from Happy Camper Creamery, games, music and more! There will also be a snack bar at the event that you can purchase from. Tickets are \$5 and will be sold during 1st lunch starting Monday, September 19th to September 30th. See you there!

Attention Eagles: all new and experienced botanists, horticulturalists, and gardeners: Are you interested in joining Garden Club? Ask your science teacher for an informational flyer or stop by C8 to get more information.

Attention 8th Graders: spots are still available for any 8th Graders wanting to go to Washington DC during Spring Break. We will be hosting a 2nd Zoom meeting for parents to attend on Tuesday, September 26 at 630PM for those that missed our first meeting. Talk to Mr. Kramer in M65 or Mrs. Ganther in PE for more information. (Meeting ID: 516 839 1064 Passcode: 2y76v3) ID and Passcode for school website only.

Picture Day: Get your best smiles ready for Cope's Picture Day on Friday, September 30th! Students will take pictures through PE classes on that day so will not be dressing out for class. Please remember that school dress code applies. This will be your yearbook and ID picture. Thank you!

Attention All Cope Eagles: Today we have a Home volleyball game VS Beattie that will start at 3:15pm on the lower fields by the tennis courts. We hope to see you there!