



Cope Middle School

October 21, 2022

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

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 Students: Lunch is to be brought from a parent or guardian to their student. Food for friends will not be accepted and the parents or guardians will be turned away. Also, please remember to check for your food in the student center we have had a few lunches sitting there for several days if this continues we will change the policies for lunch drops offs. Thank you in advance.

Attention all Eagles, as a reminder, Cope Eagles SOAR on campus by being ORGANIZED. Organization on campus looks like keeping your backpack clean and binder organized. Try using folders or dividers to ensure that you know where everything is. Keep in mind, "Motivation is what gets you started. Habit is what keeps your going"

Good Morning Cope Eagles: Are you excited for fall? On October 28, we are having our fall festival! It will take place on the upper field from 3:15 to 5:30 PM. Tickets will be sold starting on October 17 and ending on October 27. The tickets are \$5 with an ASB sticker and \$7 without one. There will be booths with games as well as vendors like Enzo's Popcorn and Happy Camper Creamery. ASB will also have a concession stand and everything's a dollar. There will also be music and a photobooth at the event. Hope to see you there!

Good morning Cope Students. If you have 4 or more tardies you will be excluded from the fall festival. Students have the opportunity to make up tardies by serving lunch detention on Thursday 10/20, Friday 10/21, Monday 10/24, and Tuesday 10/25. One

lunch detention will clear 2 tardies. Lunch detention is served in B-1, students must be there within the first 10 minutes of lunch time. Counselor will be out at 1st and 2nd lunch today. Please see them to find out how many tardies you have.

Hi Cope Eagles! Next week is Red Ribbon Week! We are recognizing Red Ribbon Week by having dress-up days, pledging to be drug free, raffles, a door decorating contest and more. Next week our dress-up days are: Monday: "Wear red to stop the spread of drugs" Tuesday: "Touch the stars rather than drugs" -Pajama Day Wednesday: "Team up against drugs" Wear your favorite sports team jersey or your own sports attire. Thursday: "Think of all you can be when you stay drug free" Career Day Friday: "Don't Fall into Drugs"- Wear red, orange, yellow, gold, Fall Colors Monday the 31st: "Hocus Pocus, drugs aren't my focus" Spooky dress up day (No Masks, face paint, or inflatable costumes)

National Bullying Prevention Month is a time for everyone to: RAISE AWARENESS: Talking about bullying prevention helps build understanding. All schools, organizations, and communities are encouraged to widely share and post information about how to prevent bullying in their communities. If you know of someone being bullied, please report it on Sprigeo, or tell an administrator, counselor, or teacher.