

# HELLO OCTOBER



Cope Middle School

October 31, 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 Eagles:** as a reminder, Cope Eagles SOAR on campus by being RESPECTFUL. Respect on campus looks like allowing everyone the opportunity to learn. Remember to raise your hand, stay in your seat, and follow classroom expectations. Keep in mind, "It's not so much the journey that's important; as is the way that we treat those we encounter and those around us, along the way."

**Rules Reminder:** Please remember that cell phones are to be turned off and put in students' backpacks at all times. Students should not have phones out anywhere on campus and should not be carrying them in their pockets. Please be respectful of your teachers and classmates, and remember to follow school rules.

**Hola!** Are you interested in learning how to speak Spanish? Well come on over to I-26 where Mr. M will be teaching conversational Spanish. You'll learn the very basics of speaking Spanish; from ordering at a restaurant to greeting someone! Classes will be held on Tuesday's and Thursday's after school from 3:30-4:30. The first one will be on November 8th! If you have any questions, feel free to ask Mr. M! Gracias!

**Attention All Students:** We have two shelves of water bottles and hydoflask please come by and identify if you are possibly missing your water bottle. At the end of **TODAY**

we will be donating the left over belongings in the student center to the Goodwill. Thank you kindly.

**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 knitting club friends,** meetings for the club will be moved to Wednesdays. Meeting will continue to be held in H20 with Ms.Hernandez. It's officially sweater weather season, come join the flock.

**No School:** As a reminder, there is no school on Tuesday, November 1, 2022, due to an all-day Teacher Professional Development Day. Enjoy your day off, students!