



Cope Middle School

November 10, 2022

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

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

Rules Reminder: Students are not allowed to have meals delivered to campus from outside vendors such as Uber Eats, GrubHub, or pizza delivery services, even if ordered by a parent. This is for the safety of all students.

Principal's Student Coalition: If you are interested in being a voice for Cope students as related to school safety, classes, and the overall campus, please come to an informational meeting in the library during both lunches on Tuesday, November 15, 2022. One representative from campus clubs and programs are also encouraged to attend. Thank you!

Attention all Eagles: as a reminder, Cope Eagles SOAR on campus by being SAFE. Safety on campus includes using positive language and responses toward others. Keep in mind, "The remarkable thing is, we have a choice everyday regarding the attitude we will embrace for that day"

New Sports Equipment: We have purchased some new footballs, basketballs, soccer balls, volleyballs, and playground balls for students to use at lunch. Student IDs will be required to check out any of the sports equipment, but items will not be available for use before school. As a reminder, students should NOT bring their own equipment to school. This prevents loss or theft of items, as well as disruption to classes or other students. Students who bring their own items will have them confiscated until they can be picked up after school. Thank you!

Attention all Cope Eagles! Due to the weather forecast of rain, the SOAR reward has been moved to this Thursday, November 10th during both lunches. This reward will honor students with no tardies for the month of October and they will be rewarded with a treat during the last 15 minutes of lunch. SOAR reward coupons will be distributed through English classes this week. Students must present this coupon in order to receive their treat at lunch on Thursday.

No School: As a reminder, there is no school on Friday, November 11, 2022, due to the Veteran's Day Holiday. "We salute the courage, honor, and bravery of our veterans today, tomorrow, and always." Thank a veteran today!

Attention 8th grade girls! The American Association of University Women is hosting their 2023 STEM conference. Don't miss the chance to listen to successful women who use their science, technology, engineer and mathematics education in a variety of interesting and rewarding careers. Come spend the day at the University of Redlands and get firsthand view of a college. Applications go out Tuesday November 29. More information to come! See Counselor, Mrs. Gonzalez if you have questions.

Hola! Just a reminder that Spanish club will be meeting today after school from 3:30pm-4:30pm in I-26 with Mr. M