



Cope Middle School

November 14, 2022

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

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 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"

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

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.

Attention all Eagles, as a reminder, Cope Eagles SOAR on campus by being ORGANIZED. Organization on campus looks like storing and locking your PE items in your locker and maintaining a neat and orderly locker room. Try to leave any place

cleaner than you found it. Keep in mind, “When we strive to become better than we are, everything around us becomes better too.”

Good Morning Cope Eagles! Are you excited for Thanksgiving? Log onto Minga and vote on the Thanksgiving polls each day to get entered into a raffle to win a spirit pack