



## Cope Middle School

November 15, 2022

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

**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 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 **Hola!** Just a reminder that Conversational Spanish club will be meeting today in I-26 with Senor M. If you are interested in learning a new language come on by! We meet every Tuesday / Thursday from 3:30-4:30 after school

**Black Student Union (BSU)** will be meeting today in the MPR room during both lunches. If you missed the 1st meeting that is okay, bring your lunch and join Mrs. Dawson and Mr. Simmons in the MPR room today at lunch!