



## Cope Middle School

November 17, 2022

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

**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 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

**The Cope Music Boosters** are hosting an evening of Magic on Wednesday, November 30. Come see an troop of professional magicians from the Magic Castle perform. The jazz band will be performing from 5:30 to 6:00 and at intermission. The show starts at 6:00 and tickets are \$5.00. Concessions and Cuca's burritos will be sold.