

JANUARY

## Cope Middle School

January 23, 2023

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,

. 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

**Cope Eagles SOAR on campus by being ACCOUNTABLE.** Accountability on campus includes arriving on time to class, ready to learn. Keep in mind, "The beautiful thing about learning is that no one can take it away from you."

**Attention all 7th and 8th graders:** Now is the time to apply to be in CJSF, the California Junior Scholarship Federation, our state's top honor society. Pick up an application from Ms. Donovan-Marlowe in room I-27, also students can pick up the applications in the library to return it by the deadline February 3. You must staple a copy of last semester's grade report from Aeries onto your application to qualify.

**Hey Cope Eagles,** do we have any future lawyers or politicians on campus? Or anyone whose parents are telling you that you are arguing too much? Or maybe somebody that just wants to get better at public speaking? Then come join the Cope Debate Club! You will learn how to argue in an organized and professional manner, and will also get to compete against your friends! Meetings will be on Mondays from 3:30 to 4:30 in Mr. Rosen's Room, B-2.

**Cope Eagles:** Are you interested in fighting mythical creatures in a world where the only limit is your creativity and imagination? If so, Dungeons and

Dragons club is for you! Whether you know how to play or not, come on down to I-28 every Tuesday and Thursday after school. Meeting time is 3:30PM.

**Attention all Cope Eagles!** The SOAR Store will be open on Fridays during both lunches in the quad. Earn SOAR cards from Cope staff by being safe, organized, accountable, and/or respectful inside and outside of class. Spend your points at the store or save your points to purchase bigger rewards later.

**INTRAMURALS ARE BACK!!!!** Coach Walker will be running basketball and Coach Ganther will be running bombardment. For basketball, submit you teams of 6 players and team name to Coach Walker and for bombardment, submit your teams of 6 players and team name to Coach Ganther. Games will be starting on the week of February 6th, during lunch!

**All students:** Please check our lost and found in the student center if you feel you are missing a water bottle, sweater, lunchpale, or anything tangible left in our lunch area or around our school. Monthly we will be donating our lost & found items. Please check before **February 3<sup>rd</sup>** when all items will be dontated. Thank you kindly.

**Have a Great Day Eagles!!**