

## **August 4, 2022**

Happy National Chocolate Chip Cookie Day



Lunch (Thursday, Aug. 4) - loaded nachos and refried beans

Breakfast (Friday Aug. 5) - glazed donut

Lunch (Friday Aug. 5) - BBQ chicken flatbread

\*\*substitutions may be made due to supply chain issues

## **Announcements**

- Reminder to students and staff: NO FOOD or DRINKS are to leave the cafeteria during breakfast or lunch. Thank you for your cooperation!
- Student athletes, please complete Final Forms.
- Junior high cross country will begin after school today until 4:15. Athletes must have a physical on file before practicing.
- Any 7th or 8th grade girl interested in playing volleyball this year should sign up in Mrs. Dalton's room. You must have a physical before beginning practice.
- The JH REC Center is open. Students must have an enrollment form filled out to participate. Forms are available in the HS office or the REC Center.

## **Athletics**

There are no athletic contests this evening.

Being honest may not get you a lot of friends, but it will always get you the right ones. -John Lennon