

**Friday, August 5, 2022**

Happy National Oyster Day



Lunch (Friday Aug. 5) - BBQ chicken flatbread

Breakfast (Monday, Aug. 8) - cinnamon roll

Lunch (Monday, Aug. 8) - chicken fried steak

\*\*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.
- Any junior interested in being a class officer should respond to Mrs. Chastain's email by 8 am Monday.
- 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.

Kindness makes you the most beautiful person in the world, no matter what you look like.