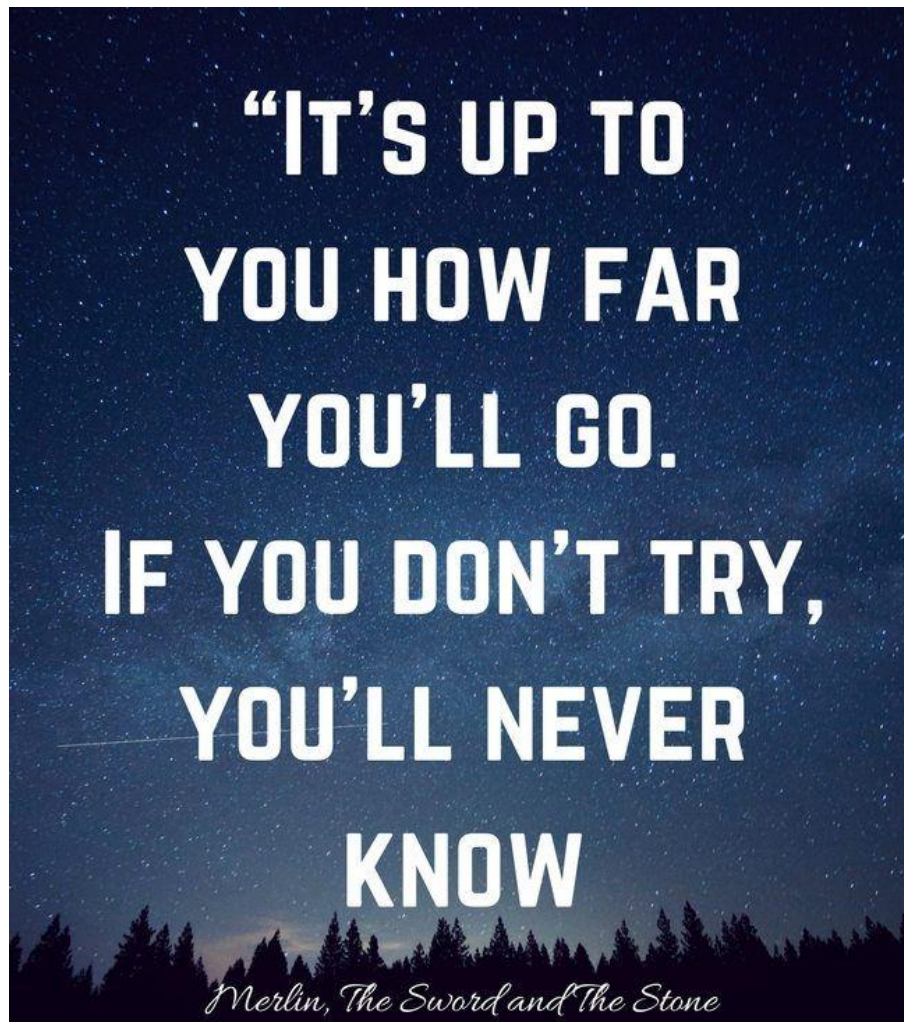


CONRAD WEISER MIDDLE SCHOOL

TUESDAY  
OCTOBER 12, 2021  
DAY 3



## Breakfast & Lunch

ALL School Breakfast and Lunch is FREE for the 2021-2022 school year. **Breakfast & Lunch** must have at least **1 serving of fruit or vegetable** to make a meal. A **total of 3 items** must be taken to make a **complete meal**. Due to experiencing both supply chain and staffing challenges in our food distributor warehouses and delivery operations our menus may require substitutions. Thank you for your understanding and patience.

### Breakfast:

#### Choose 1 entrée:

A: Egg, Sausage and Cheese Sandwich

B: Assorted Cereal & Muffin

Fruit Variety

Assorted Fruit Juice

Assorted Milk

### Lunch:

#### Choose 1 Entrée:

A: Asian Chicken or Beef Bowl with Rice

B: Grilled Chicken Sandwich

Oriental Vegetables

Mandarin Oranges

### Alternative Meal Options Offered Daily:

Salad Meal with Roll

Deli Sandwich

PB & Jelly Uncrustable

### Sides Offer Daily:

Fruit Variety

Assorted Fruit Juice

Assorted Milk

## NEWS

Our **Harvest Run Cross-Country Fun Run** is coming back this year!

The Harvest Run is **Friday October 29th**

This 2 K cross-country course runs on our school's campus.

Open to all 5th 6th 7th and 8th Graders.

**Register by Monday October 25th**

**Hello CWMS!** Who here is creative? Likes to showcase their talents through art? Do you want to incorporate your work into a little fall display? Well, maybe the Fall Corn / Pumpkin decorating contest is for you! Look for a Schoology Post that gives all of the details. This is an at home contest where you will take photos of your entry and submit! Entries are due 10/24. Then, the entire school will vote with winners announced before Halloween. We can't wait to see your submissions! Please see the attached flyer for more info.  
~ Sponsored by the CWMS FFA ~

The **Snack Shack** in the gym lobby is open today. Stop by the Snack Shack to purchase a snack and/or drink before **walking home, going to a sports practice, or waiting at second run**. But don't be late to your after school obligation! *Snacks are 50 cents and water or sports drinks are 1 dollar.* The **Snack Shack will be open from 2:45 – 3:00** Monday through Thursday. Closed Fridays.

After School Help will be open today in the library from 2:50-3:50. A teacher is available to assist you with homework, projects or to catch up on other work. Please remember that you are required to stay for the full hour and you will need a ride at 3:50!

## CLUBS

It's Socktober! The Builders Club is collecting pairs of new socks for the homeless. Drop your donation into one of the collection boxes located at the main lobby, at the science rooms or at G 3. Thanks for your support!

## MUSIC

7/8<sup>th</sup> GRADE CHORUS

### BAND

DAY 3	10/12/2021		
	<i><b>PERRONE</b></i>		<i><b>LUTZ</b></i>
8:00	TRUMPET D		NO
8:33	HORN A		LESSONS
9:06	MIXED GROUP		
9:39	SAXOPHONE C		
10:12	TRUMPET C		

## SPORTS

Date	Time	Sport	School	Dismiss	Depart	Home/Away
10/12/21	4:00	Boys Pony Football	Muhlenberg			Home
10/12/21	4:00	Girls JH Field Hockey	Governor Mifflin	2:15	2:30	Away
10/12/21	4:00	Coed JH Cross Country	Kutztown	1:45	2:00	Away
10/13/21	3:45	Girls JH Soccer	Governor Mifflin (One Game)	2:15	2:30	Away
10/13/21	3:45	Boys JH Soccer	Governor Mifflin			Home
10/13/21	4:00	Girls JH Volleyball	Daniel Boone			Home
10/14/21	4:00	Girls JH Field Hockey	Daniel Boone	2:00	2:15	Away
10/15/21	3:45	Boys JH Soccer	Daniel Boone	2:20	2:35	Away
10/15/21	3:45	Girls JH Soccer	Daniel Boone (One Game)			Home
10/15/21	4:00	Girls JH Volleyball	Antietam			Home
10/15/21	4:00	Girls JH Field Hockey	Muhlenberg	2:10	2:25	Away