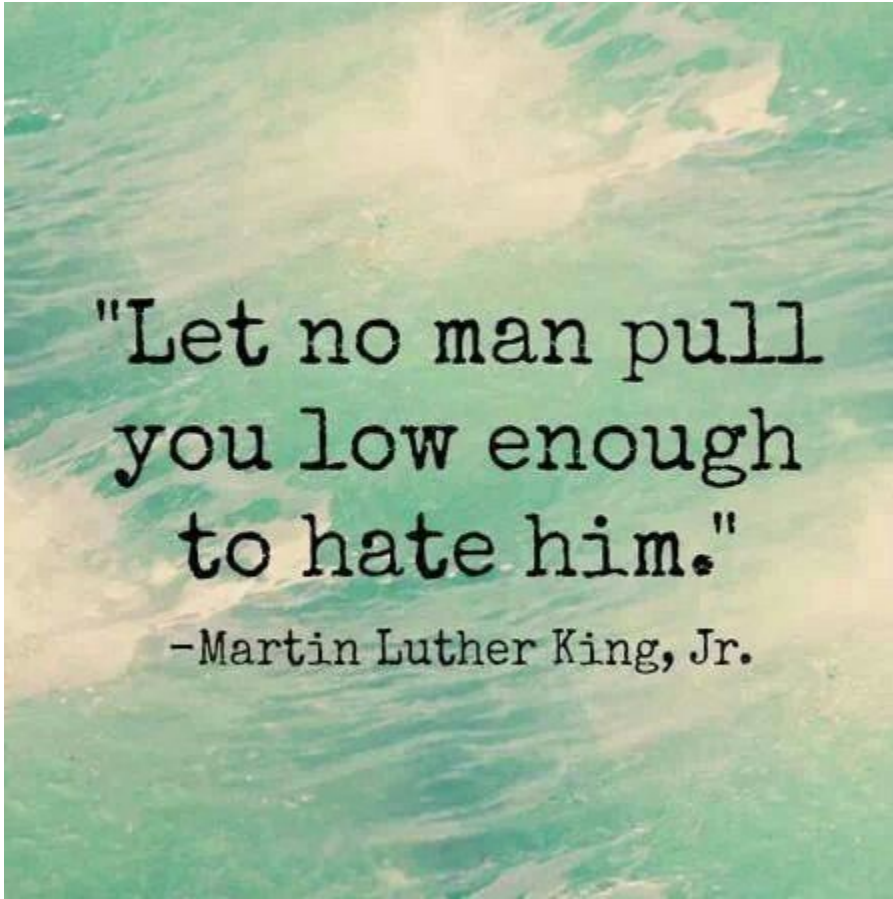


# CONRAD WEISER MIDDLE SCHOOL

THURSDAY  
OCTOBER 7, 2021  
DAY 1



"Let no man pull  
you low enough  
to hate him."

-Martin Luther King, Jr.

## **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: Cinni Minis

B: Assorted Cereal & Muffin

Fruit Variety

Assorted Fruit Juice

Assorted Milk

### **Lunch:**

#### **Choose 1 Entrée:**

A: Chicken & Cheese Quesadilla with Salsa

B: Cheeseburger

Sides:

Green Beans

Carrot & Celery Sticks with Dip

### **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

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.

**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** ~

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

## MUSIC

### 5<sup>th</sup> GRADE CHORUS

### BAND

DAY 1	10/7/2021		
	<i>PERRONE</i>		<i>LUTZ</i>
8:00	PERCUSSION C		NO
8:33	OBOE C		LESSONS
9:06	MAKE UP		
9:39	PERCUSSION A		
10:12	PERCUSSION B		

DATE	TIME	SPORT	SCHOOL	DIMISS	DEPART	HOME/ AWAY
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## SPORTS

10/4	3:45	BOYS JR HIGH SOCCER	TWIN VALLEY	2:20	2:35	AWAY
10/4	3:45	GIRLS JR HIGH SOCCER	TWIN VALLEY			HOME
10/4	4:00	GIRLS JR HIGH VOLLEYBALL	WILSON WEST MIDDLE SCHOOL			HOME
10/5	4:00	GIRLS JR HIGH FIELD HOCKEY	WILSON HIGH SCHOOL			HOME
10/5	4:00	BOYS PONY FOOTBALL	GOVERNOR MIFFLIN HS	2:15	2:30	AWAY
10/5	4:00	COED JR HIGH CROSS COUNTRY	HAMBURG	1:45	2:00	AWAY
10/6	3:45	GIRLS JR HIGH SOCCER	WILSON SOUTHERN MS	1:45	2:00	AWAY
10/6	3:45	BOYS JR HIGH SOCCER	WILSON SOUTHERN MS			HOME
10/6	4:00	GIRLS JR HIGH VOLLEYBALL	SCHUYLKILL VALLEY HS	1:45	2:00	AWAY
10/7	3:45	BOYS JR HIGH SOCCER	WILSON WEST MS ONE GAME			HOME
10/7	3:45	GIRLS JR HIGH SOCCER	WILSON WEST MS	1:45	2:00	AWAY
10/7	3:30	GIRLS JR HIGH FIELD HOCKEY	EXETER TOWNSHIP	1:45	2:00	AWAY
10/8	3:45	GIRLS JR HIGH SOCCER	POSTPONED-WILSON WEST MS			AWAY
10/8	3:45	BOYS JR HIGH SOCCER	POSTPONED-WILSON WEST MS			HOME

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