



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

OCTOBER 5, 2016  
ISSUE #05

### Head of School

#### The Gift of Belief

When I was young and highly impressionable, I played little league baseball. I remember one game in particular when I was an eleven-year-old pitcher. Even though I can't recall all of the details of the way the game unfolded for the first few innings, I remember the feeling that I had as the game came to an end. It must have been a close one because I remember looking over at my coach after every pitch I threw to the final few batters. Still a crystal clear image to this day, his face was intense but it was also supportive, encouraging and caring.

With two outs under our team's belts, the potential last hitter came to the plate. He looked awfully big. My coach called a time out and ran up to the pitching mound to have a chat. I was certain he was going to thank me for my efforts and call on another player's fresh arm to bring the game to a hasty conclusion. Instead, he just looked me in the eye and asked me how I was feeling. I said I was nervous but that that was about it. He gave my shoulder a knowing squeeze and said he knew I could do it. He asked if I needed anything – water, a new ball – and I just shrugged and said that I was fine. He patted me on the back and jogged over to the bench. Before the next pitch he gave me a big smile, clapped his hands a couple of times and nodded for me to give it my best.

I think we won the game, but who cares, really. The lasting impressions were the feelings that have stayed with me for the past 40 years – valued, trusted and capable, and feeling that even when the chips were down, someone believed in me. The gift of belief instills hopefulness, optimism, confidence, courage and other emotions that I have carried with me through times of difficulty and self-doubt.

A sense of belief can be instilled in many ways. Sometimes nothing even needs to be said because gestures and actions often speak louder than words. When the Peace Family expressed their belief in Southridge by making a planned gift to our school holding a dollar value of a million dollars, their action was a powerful statement of belief – a belief in Southridge and what it stands for and a belief in the future of our school.

Christiane Hodson and I had lunch with Wayne and Jan Peace last week. We wanted to say thank you on behalf of Southridge. We also wanted to express how much their gift of



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

OCTOBER 5, 2016  
ISSUE #05

belief means to our school. The Peace Family's gift carries with it significance not only in its monetary value, but also in its emotional value.

The Peaces believe in Southridge. They know the school is capable of wonderful things and they trust us to stay true to our vision of creating a community where every spirit soars. And just like my baseball coach did so many years ago, Wayne and Jan left our lunch with a smile and an enthusiastic nod for us to carry on with their support and their hope for the important role that Southridge plays in making a difference in the world.

Have a wonderful week!

Drew Stephens  
Head of School

## Important Dates

Event	Date	Time	Location
L.E.W. – Leadership Experience Week	Monday, October 3 – Friday, October 7		Senior School
Grade 6 Coffee Hour	Thursday, October 6	7:45 am	Junior School Great Hall
Junior School AR Information Session	Thursday, October 6	8:30 am	Junior School
Junior School AR Information Session	Thursday, October 6	6:00 pm	Junior School
Grade 1 Coffee Hour	Friday, October 7	7:45 am	Junior School Great Hall
CUE Fair	Friday, October 7	9:00 am	Senior Gym
Grade 8 & 9 Strathcona Week – Pick up	Friday, October 7	2:40 pm	Tsawwassen Ferry Terminal
Grade 11 Career Experience Day	Friday, October 7	All Day	Senior School
Junior School House Captains' Theme Day	Friday, October 7	All Day	Junior School
Thanksgiving Holiday	Monday, October 10	All Day	Both Schools
Late Start	Tuesday, October 11	10:25 am	Both Schools
Used Uniform Sale	October 11 – 13	2:30 – 4:30 pm	Junior School Great Hall
Grade 5 Coffee Hour	Wednesday, October 12	7:45 am	Junior School Great Hall
Photo Retake Day	Wednesday, October 19	8:15 – 11:00 am	Junior School Great Hall



## Junior School News

### Head of Junior School

#### Gone Camping!

Last week, our MYP students headed off to the great outdoors for some nature-based learning. While I could write about the research that supports outdoor learning and its importance as a part of a well-rounded educational program, the words of our students say it all. Please enjoy these quotes from some of our students – they paint a picture of fun, adventure, challenge, success and camaraderie...

#### Grade 5 - Camp Elphinstone (2 Nights)

"I really liked rock-climbing. I was a risk-taker by climbing up a wall. It was exciting and I know I challenged myself." Joven, 5KB

"I loved all the activities. I felt like they [the camp counsellors] really cared about all of us. They showed us how to do things. That made me feel really good." Sophia, 5KB

"I loved the Shepherd's Pie. It was really juicy and delicious." John, 5KB

"My favorite thing was doing canoeing. We got to go really far. I saw a seal and the landscape and sunset was really pretty." Sevina, 5PH

"I loved going in the ocean because it was freezing cold and I got to go fishing." Jordan, 5PH

"At camp I seized the day by doing archery for the first time. I was 2 mm away from getting a bullseye. We went kayaking. I've never been kayaking before. It was pretty fun, but hard doing it by myself." Serena, 5 PH

#### Grade 6 - Camp Qwanoes (3 Nights)

"The Skyscraper challenge course activity was my favorite because it was a 3 person swing that lifts you up 85 feet and then it drops you. When it dropped, it was kind of scary, but fun at the same time." Maya, 6KL

"Fun! Straight fun!" Ishaan, 6KL



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

"The Skyscraper was my favorite. We got to test our limits climbing high enough to go down the zip line. We got to see all below us, we saw all the trees. It was good!" Alisha, 6KL

"The whole camp is about testing your limits and challenge by choice." Jaidene, 6SA

"The high ropes and zip lines were challenging. It was high and scary - we were risk-takers." Amanda and Bella, 6SA

### Grade 7 - Camp Summit (3 Nights)

"It required perseverance because some of the activities challenged us and pushed us out of our comfort zones. We had to learn that not everything in life is easy." Kabir, 7SM

"A challenging part about camp was how we got 11 points - a new camp record for the least amount of food waste points. Everyone was excited. We all had to work together to do it." Artin, 7CB

"We tried really hard not to waste any food. It was a good idea that Camp Summit made points because it challenged us, made us more aware, and it made us proud to not waste food." Yazmin, 7CB

"Camp helped us to learn to step out of boundaries and to do things we normally wouldn't by stepping out of our comfort zone. For example, the high ropes - it signified how much we would stop out of our boundaries by how high we would go." Megan, 7CB

Much appreciation goes to all of the teachers who chaperoned these trips - without their giving of their time and energy, these experiences and memories could not happen!

Tanya de Hoog  
Head of Junior School

### Important Date Change

Due to a conflict with our Ministry of Education Inspection Visit, Junior School Parent-Teacher interviews have been rescheduled from Thursday, October 20 to Thursday, October 27. This means that school will be in session for the **full day** on Thursday, October 20. Students will be dismissed at noon on Thursday, October 27. We apologize for any inconvenience this may cause and appreciate your understanding.



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

### Regulation Winter Uniform

The fall chill is not in the air, and October is upon us so this means Winter Uniform is now in effect. Please pack away all Summer Uniform items until May. A full description of the Winter Uniform can be found on page 82 of the [Family Handbook](#). As the seasons change it's a good time to review all uniform regulations, which are included in section 10.31 of the Family Handbook.

### Junior School House Captain Theme Day - Friday, October 7

This Friday, October 7, Kindergarten through Grade 7s are invited to dress for Opposite Day. This means you are dressing the opposite of the way you usually see yourself. For example, if you are usually very sporty, you might dress as a couch potato; if you are usually very fashion-conscious, you might dress in old sweatpants and a t-shirt. The cost is \$2 to participate, and all proceeds go to the Grade 7 Legacy Fund: supporting local, provincial, national, and international service projects.

Sue McNeil  
MYP Division Leader

### Cross-Country Team Update

The cross-country team enjoyed a day trip to Boundary Bay in Tsawwassen on Friday, September 30, where they participated in their first race of the season. Cannon Nyline placed 2nd in the Grade 4 boys' division and received a silver medal and Talia Partovi placed 6th. Thank you to our parent volunteers.

Congratulations to all the runners who participated in the cross-country meet at Crescent Park on Saturday, October 1! We couldn't have asked for better weather! The sun even came out for the last races. Good team spirit was shown by all. The Grade 3 runners were all given participation ribbons and are not placed according to times. The following athletes in Grades 4 - 7 placed in the top 15 and were award ribbons or medals: Cannon Nyline was first in the Grade 4 boys' division with a great time of 5.16; Talia Partovi placed 6th running 1.5 km in 5.43 minutes; Andrew Lawson placed 9th; Owen Lister placed 13th; and in Grade 7, Taric Somani ran 3km and came in 11th. Way to go team!

We are looking forward to our next race at WPGA on Tuesday, October 4.

Samara Ridley-Thomas and Cindy Khangura  
Junior School Cross-Country Team Coaches



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

### Junior School Terry Fox Run Summary

On Friday, September 23, Southridge School held its annual Terry Fox Run. We all had fun while supporting such a good cause, despite the rain. In total, we raised \$1735.25. Thank you for all of your donations. Also, thank you parents, volunteers, and especially the students for all your help supporting this cause. Together as a school, we ran 1,668 laps. This year's house team winner is the Chinooks! Great job Chinooks, as well as all the other teams! Keep up the good spirit, Southridge, and remember – one idea, one voice, one spirit and one act is all that it takes to make a difference.

Maddy Cowie, Matthab Gill and Isabel Howie  
Grade 7 Students

## Senior School News

### Head of Senior School

#### What is LEW?

On Monday, October 3, we kicked off LEW in the Senior School. What is LEW you ask? LEW stands for Leadership Experience Week and is one of the most comprehensive and well-organized weeks devoted to student service, outdoor education, and career and post-secondary planning you will find in any high school, anywhere in the world. Countless hours of organization from Mr. Dods, Mr. Jones, Ms. Becker, Ms. Livingston and many others have gone into making this a potentially life-changing week for our students.

For Grade 8 and 9 students, LEW started on Sunday, October 2 as the two grades along with 10 teachers travelled to Strathcona Lodge on Vancouver Island for an unforgettable 6-day outdoor education experience. This is one of those trips where students will make new and lasting friendships, take risks in the wilderness that will stretch them in ways they never imagined possible, and help them to bond together as a grade.

Grade 10 students will be volunteering in various locations for the week as they take on the LEW Service Week. The week started with a planning morning at the school and then on Monday afternoon, all Grade 10 students went to [God's Little Acre](#), a charitable farm that has donated hundreds of thousands of pounds of free produce to the Surrey Food



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

Bank. Southridge Grade 10s then spent the afternoon volunteering at this farm which is so critical to the wellbeing of those in need in our community. For the rest of the week, the Grade 10s will serve at various locations, including: Semiahmoo House, Orphaned Wild Life (OWL), and Residence at Morgan Heights, to name just a few. This is a great opportunity for our Senior School students and staff to give back to our local community in a variety of meaningful ways.

Grade 11 and 12 students kicked off the week with an incredibly valuable experience participating in Career Day on Monday. To start the event, White Rock Christian grad and NCAA basketball star, Tyrell Mara gave a keynote address about setting goals and believing in yourself as you pursue your dreams. He plans on being a member of the Canadian Olympic Team as a shot-putter in the 2020 games in Tokyo. For Career Day, 24 different speakers representing 24 separate career paths were invited to Southridge to share their experience and expertise in such careers as dentistry, medicine, law, engineering, technology, interior design, athletic therapy, environmental science, psychology and many more. A university essay workshop was also conducted by our own Dr. Beukema. Students had the opportunity to ask questions and explore five different career possibilities.

For the rest of the week, Grade 11 students participate in a personal experience trip to UBC, a two-day “wellness retreat” at Crescent Beach, and on Friday, a “career placement experience” where they spend a day on-site in a career of interest.

From Monday afternoon to Wednesday evening, Grade 12 students will be at the Grad Retreat at Rockridge Canyon just east of Princeton. While at Rockridge, the 12s will have some much needed “down-time” where they will be off the grid (no Wi-Fi, no cell service, no Netflix or YouTube!) and can enjoy the beauty of the surrounding environment. Zip-lining, tackling the ropes course, dragon boating and swimming will all be part of the retreat, far from their hectic routines of classes, homework, studying and part-time jobs. Once back in civilization, the 12s will visit Quest University in Squamish and SFU Surrey, as well as take part in our College and Universities Fair on Friday morning.

LEW is an incredibly rich week for all students in the Senior School, laying the groundwork for a successful Senior School experience, as well as preparation for life beyond Southridge. Special thanks to all of the faculty who plan, chaperone, and organize these remarkable and unforgettable experiences for our students!

Brad Smith  
Head of Senior School



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

### **Jazz Retreat - Parent chaperones needed!**

**We are still looking for 5 or 6 parent chaperones** for this year's jazz retreat. If you are willing to help please contact Chris Mitchell at [cmitchell@southeridge.bc.ca](mailto:cmitchell@southeridge.bc.ca).

This will be our eleventh Jazz Retreat, and we are pleased to announce that we will be returning to the beautiful Rockridge Canyon Retreat Centre in Princeton, BC. Truly, this has become a bit of a Southridge tradition! If you speak with anyone who has been in previous years, I'm sure they'll tell you it was a great time... musically and in every other way! This year's retreat will be held from Thursday through Saturday, October 27 - 29.

Our days will be filled with full band sessions, sectional rehearsals, as well as workshops on improvisation. Each evening, we will be treated to a jazz-jam-session-extraordinaire with our clinicians. Also, there will be lots of free time for relaxing or playing a game of pool, basketball, or simply soaking up the awe-inspiring scenery. Students will stay in dormitory-style accommodations.

If you are playing in one of the Jazz Bands or sing in the Choir this year, you will not want to miss this amazing retreat!

Once again, parents, if you are willing to help, please email [cmitchell@southeridge.bc.ca](mailto:cmitchell@southeridge.bc.ca). Each year, we have about 5 or 6 parents join us, to help with the younger students' cabin supervision and some of the food. The evening concerts are definitely a highlight. Any parents who have been before have certainly enjoyed the retreat.

Jenna Parker, Chris Mitchell & Steve Burrage  
Senior School Music Department

### **Quadra Island Canoe Trip Reflections**

While most students were in class on Thursday and Friday, 10 students enjoyed spending four days canoeing the pristine Mile Lake at Quadra Island with Mr. Burrage and Ms. Alexandra. Students began their journey on Thursday, September 29 with a 7:30 am ferry ride to Nanaimo followed by a short ferry ride from Campbell River to Quadra Island.

The lake is 53 feet above sea level and is surrounded by sores, large Douglas firs, pines, red cedar and hemlock. The first two days were warm and filled with sunshine. Owls would haunt the night with their calls, trout would dot the lake's surface feeding on insects. Little to no winds resulted in glassy surfaces reflecting the image of our six white canoes. Mist settled on the lake in the evening and rose in wisps every morning as the air warmed with the rising sun. We ventured up a small creek on the second day to Little Mile Lake





# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

and enjoyed some friendly competition racing down the windy, obstacle ridden creek. Congratulations to AZRA and DOLPHY - but they weren't really racing, right? ;)

The final two days, a light rain started at 7:00 am and only became heavy from 11:00 am until 2:00 pm. Students learned how to put up shelters and enjoyed an afternoon building a fire despite the wet wood and solving riddles.

The Outdoor Education Club leaders look forward to next October when we can take ten more students to experience BC's fine lake wilderness. Several students have obtained the adventure trip component of their silver or gold Duke of Edinburgh by completing this trip.

Ira Alexandra and Steve Burrage  
Senior School Outdoor Education Program

## Both Schools

### Thanks to you . . .

Our Southridge community really is remarkable. Each year, through the generosity of donors, we are able to purchase items, supplies and equipment that we would otherwise do without. From technology to athletic equipment, your support of our fundraising events really does make a difference in the lives of our teachers and students.

In fact, thanks to you, we now have a new set of branded wall pads in the Junior School gymnasium. This purchase was made possible by the success of the November 2015 gala. Not only are these wall pads necessary to ensure the safety of our youngest students, but they also look great and instill school pride. Go Storm!

At the gala in November 2015, more than \$185,000 was raised. A portion of this was earmarked for Athletics and PE items. Thanks to our gala sponsors, attendees and item donors, we were able to make all the purchases on our PE teachers' and coaches' wish lists. Thank you for your support!

Every year we ask our families to make a donation to Southridge. If you have not yet made a donation this year, please consider [making your gift online today](#). Your gift can be directed to an area at the school that means the most to you including Arts, Athletics,



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

any of our bursary funds, or you can choose to support our Greatest Need fund – which is telling the school to use your donation where it's needed most. All gifts are sincerely appreciated.

Alternatively, have you ever considered donating publicly traded securities or shares? When you donate such securities to Southridge (or any Canadian registered charity), you do not have to pay a capital gains tax. Capital gains, or the increase in value of your securities over the price you paid when you purchased them, would be subject to tax if you were to simply sell them, even if you plan to donate the proceeds from the sale. But when you donate securities that have increased in value directly to Southridge, those capital gains are not subject to tax and your donation can have an even larger impact. The process is simple – just contact me directly if you have any questions or would like additional information at 604-542-2330 or via email at [chodson@southridge.bc.ca](mailto:chodson@southridge.bc.ca).

Thank you for your continued support.

Christiane Hodson  
Director of Advancement

## Volunteering at Southridge

### Bakers

Calling all bakers! We still need bakers for the Junior and Senior Schools. We provide home-baked goods to the faculty at the Junior and Senior Schools each Friday morning. With enough volunteers, most committee members end up baking only 4-5 times over the year. Contact [Vanessa.Lapointe@shaw.ca](mailto:Vanessa.Lapointe@shaw.ca) for more information.

### Uniform Shop

Volunteers are still needed for the uniform shop (located in the Senior School) on Monday or Tuesday afternoons from 2:00 – 4:00 pm. Training is provided. Contact [volunteer@southridge.bc.ca](mailto:volunteer@southridge.bc.ca) for additional details.

Please be a part of these volunteer roles within the Southridge community and sign up today: <https://registration.campbrain.com/Portal/Home.aspx>

More information about all volunteer positions can be found in the Parent Portal under “[Volunteer Corner](#).” If you have any questions about volunteering at Southridge, please don't hesitate to contact the Volunteer Committee at [volunteer@southridge.bc.ca](mailto:volunteer@southridge.bc.ca).



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

Thank you so much for volunteering at Southridge!

The Volunteer Committee

### **An ice hockey star in our midst...**

One of Southridge's student-athletes has recently achieved an amazing milestone in her sport experience. Jessie Sanghe, a Grade 12 student, is a high level ice hockey player. As Southridge School doesn't have its own ice hockey team, and because Jessie is very humble, her ability on the ice is not widely known in the school community.

Most recently, she completed a gruelling 3-month try-out process for Team BC that included 4 stages. We are pleased to share that Jessie was named as one of 20 players selected to the Female U18 Team BC. In November, Jessie will be amongst this very select group of girls who will be representing our province at the National Championships to be held in Regina.

Congratulations to Jessie and best of luck at Nationals!

Gordon Smith  
Senior School Athletic Director

### **Aloha from Kona Hawai'i!**

I am currently on the Big Island of Hawai'i, acclimatizing to the heat and humidity, getting my nutrition in order, doing some maintenance training, and resting up in preparation for the Ironman World Championships. They will be held this Saturday, October 8, here in Kona.

The race consists of a 3.8km swim in the ocean which is equal to 152 lengths of a 25m pool, followed by 180km of cycling which is the same distance from Southridge to just past Whistler by 20kms, and then to top it all off, the run is a full marathon – 42.2km. Needless to say, it is a long race! It takes the average person over 12.5 hours to complete and the pro's do it in around 8 hours.

I qualified for this race back in July when I competed at the Whistler Ironman for my 3rd time and to my surprise, I placed first in my age category! The many hours of training had paid off and my dream of making it to the World Championships in Kona had come true!

As many of you know, Hawai'i is a gorgeous destination. This is my first time visiting, and I have been blown away with the beauty of the landscape, exotic animals, and lovely



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

locals. It has been especially neat to see the 2000+ participants from literally all around the world congregating here to join together this Saturday in what is perhaps the most physically and mentally challenging event in the triathlon world. I am so grateful that Southridge has supported me by letting me take the time off from work to travel and compete here. I'm feeling proud to be representing both Southridge and Canadian athletes at this big event! See you next Tuesday!

If you are interested in following my race, my bib # is 2303 and you can follow along with Ironman live tracking at [ironman.com](http://ironman.com) – Mahalo friends!

Megan Morley  
PYP Physical Education Teacher

### **Video Training for Schoology – Lesson 4 How to use the Schoology mobile app**

Ms. Mosher, our Senior School Education Technology Leader, is creating a series of videos to show you how to use Schoology. In this fourth video, she demonstrates how to login and navigate the Schoology mobile application. [Click here to view the video.](#)

Alan McInnes  
Web and AV Services Manager

### **Used Uniform Sale – October 11 – 13, 2016**

The grads will be hosting their second Used Uniform Sale from 2:30 – 4:30 pm in the Junior School Great Hall. Come and shop for winter uniform items that your child has out-grown over the summer at an affordable price! If you have any items to donate, please bring them to the Senior School (attention: Grad Committee or Heather Mosher) or bring them to the Junior School during the sale to donate. Thank you for your support!

Grad Committee



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

---

OCTOBER 5, 2016  
ISSUE #05

### School Photos Are Ready to Order

Artona has uploaded school photos to their website, please visit <https://artona.schooldayphoto.com/> to view your child's photo and order photo packages. Photos ordered between September 29 and October 12 will be delivered on Photo Retake Day, October 19. If you are having trouble viewing photos or placing orders, please contact Artona for assistance 604-872-7272.

Photo Retake day will take place on October 19 from 8:15 – 11:00 am in the Junior School Great Hall (for both Junior and Senior students). Those who missed photo day need to have their photo taken on retake day and will need to wear the Number 1 Uniform, including blazer, sweater and official school tie.

A big thank you to all the volunteers who helped make photo day run so smoothly!

### Southridge Café

Milk Rewards is back! For every milk you purchase you get a ticket with a chance to win Free Milk. You also collect points with each card to redeem for great prizes online.

Please see the **attached** menus for the month of October.

We look forward to welcoming you to our newly renovated café.

### Uniform Shop News

Winter uniform has started and as such, we would like to remind you that the Uniform Shop offers girl's grey dress pants if your daughters are interested in wearing pants in the winter.

Please be advised of the following opening hours of the Uniform Shop:

- Monday to Thursday           7:45 – 9:00 am  
  2:00 – 4:00 pm
- Fridays                                 Closed

Phala Tan  
Business Services Manager



Mon-10

Tues-11

Wed- 12

Thur- 13

Fri- 14

Breakfast

Happy

LATE Start

Sausage  
Egger

Berry  
Muffin

Smoothie  
Day

Chef's  
Entree

Thanksgiving

Salad Bar

Butter  
Chicken

Salad Bar

Fish Taco

Pasta  
Bowl

Spaghetti  
meat sauce

Macaroni  
and Cheese

Chicken  
Lasagna

Pasta  
Marinara

Grill  
Central

Cheese &  
Bacon Potato

Greek Wrap

Spicy  
Chicken Brg

Pizza

Weekly  
Panini

Chicken  
Caesar

Chicken  
Caesar

Chicken  
Caesar

Chicken  
Caesar

Great  
Greens

Salad Bar

Chef Salad

Salad Bar

Tossed  
Salad

We always offer our regular menu in addition to our daily specials



	Mon-17	Tues-18	Wed-19	Thur- 20	Fri- 21
<b>Breakfast</b>	Bacon Wrap	Smoothie Day	Blue Berry Scone	Smoothie Day	Pro
<b>Chef's Entree</b>	Chicken Enchilada	Salad Bar	Lemon Grass Chicken	Salad Bar	D
<b>Pasta Bowl</b>	Pasta Alfredo	Chicken Penne	Pasta Primavera	Tortellini	Day
<b>Grill Central</b>	Japa Dog	BBQ Bacon Brg	Pizza	Spicy Chicken Brg	No School
<b>Weekly Panini</b>	Turkey Bacon Ranch	Turkey Bacon Ranch	Turkey Bacon Ranch	Turkey Bacon Ranch	
<b>Great Greens</b>	Pasta Salad	Salad Bar	Chicken Caesar	Salad Bar	

We always offer our regular menu in addition to our daily specials



Mon-24

Tues-25

Wed-26

Thur-27

Fri-28

Breakfast

Half

Smoothie Day

Bacon Egger

Berry Scone

Smoothie Day

Chef's Entree

Term

Salad Bar

Taco Bowl

Salad Bar

Fish and Chips

Pasta Bowl

Break

Portabella Medallions

Mac and Cheese

Beef Ravioli

Pasta Marinara

Grill Central

No

Greek Chicken Sub

Pizza

Bacon Cheese Brg

Hot Pizza Wrap

Weekly Panini

School

BBQ Chipotle Chicken

BBQ Chipotle Chicken

BBQ Chipotle Chicken

BBQ Chipotle Chicken

Great Greens

Salad Bar

Chef Salad

Salad Bar

Chicken Caesarct

We always offer our regular menu in addition to our daily specials

