

The Tuesday Newsletter



Sacred Heart of Jesus School is a diverse community dedicated to educating the body, mind and spirit.

WEEKLY NEWS FROM SACRED HEART OF JESUS SCHOOL

AUGUST 29, 2023

CALENDAR PEEK!

08.31	BIRTHDAY FREE DRESS (<i>July and August birthdays</i>)
09.01	MASS (8 am in the church 8 th grade leaders)
09.04	LABOR DAY HOLIDAY
09.08	SPIRIT SHIRT DAY
09.08	MASS (8 am in the church)
09.10	CHILDREN'S MASS (11 am in the church)
09.14	MASS (8 am in the church 6 ^h grade leaders)
09.15	PROGRESS REPORTS



PRINCIPAL'S POST

By: Michael Miller

We want to thank all our parents/guardians for their hard work and dedication to get this school year off to a great start! We are so blessed to have you and your family be a part of this community. There is still much work to be done but with your help, witness, and devotion I know it can be done.

With that in mind I wanted to share one of my favorite prayers with you that I think helps give us all direction:

It helps, now and then, to step back and take a long view.

The kingdom is not only beyond our efforts, it is even beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

No statement says all that could be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.

We are prophets of a future not our own. - Bishop Ken Untener of Saginaw

WHAT'S HAPPENING!

Continued from page 1

BIRTHDAY FREE DRESS PASSES Students celebrating July and August birthdays will enjoy their free dress pass on Thursday, August 31. Appropriate dress includes blue jeans, capris, shorts (no shorter than 4 inches above the knee and no athletic shorts), loose-fitting tops (no tank tops or spaghetti straps), tennis shoes (no sandals or boots). Questions? Contact Alexis Williams AWilliams@SacredHeartBR.com.

KIDS ORCHESTRA We are excited to announce a new opportunity for after school music lessons via Kids Orchestra. To gauge interest in this program, please [click here](#) to complete a brief survey. For more information regarding Kids Orchestra please see pages 9-10.

CARPOOL Please be sure to hang your family carpool tag either from your rear view mirror or the sun visor where it can be seen UNTIL YOUR CHILD IS SAFELY IN THE VEHICLE. It is not visible sitting on the dash.

BORN TO RUN: Save the date, register now and join Team Sacred Heart for Woman's New Life Clinic's Born to Run 5K or ½ mile Fun Run. Races are open to all ages and skill levels. Your participation and generous support help women in need! The ½ mile fun run begins at 8:30 am November 4, 2023 at the downtown North Boulevard Town Square with the 5k following at 9 am. Early-bird registration ends Friday, September 15th. Adult ticket prices increase by \$10 after the 15th. [Click here](#) to register or donate. This is team Sacred Heart's eighth-year to participate and we want to make it our best ever. Our goal is for our team to join forces with you in supporting the life affirming services provided by Woman's New Life Clinic. If you cannot participate on race day, please consider [donating](#) to our team!

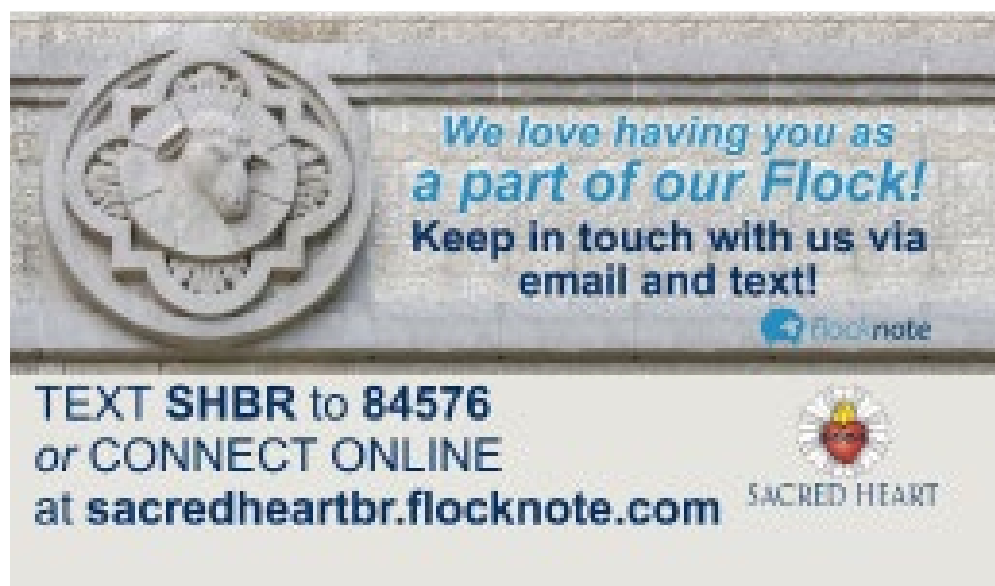
DESIGN CLUB: Students in 5th - 8th grade are invited to join the Design Club sponsored by Art Teacher Maggie Calandro. Sign up sheets will be in the Art Room. Meetings will be on Thursday afternoons beginning September 14. See flyer on page 8. Questions? Contact Maggie Calandro at MCalandro@SacredHeartBR.com.

SACRED HEART OF JESUS ST. VINCENT DE PAUL FOOD PANTRY Sacred Heart of Jesus St. Vincent de Paul Food Pantry serves people in need who live within the geographical boundaries of Sacred Heart of Jesus Parish. Food pantry collections are made each Friday during our school liturgy. Students, faculty, and staff donate non-perishable food items and are a major source of donations. While all donations are accepted, the pantry is in particular need of pasta, canned vegetables, canned fruit, and beans. Thank you so much for your support!

SACRED HEART PARISH MESSENGER [Click here](#) to read this week's edition of The Sacred Heart of Jesus Parish Messenger.

THE TUESDAY NEWSLETTER We look forward to communicating with you each week via The Tuesday Newsletter. Parents will receive a newsletter in their inbox at the email address provided in their RenWeb/FACTS account. We are happy to send the newsletter to other family members or interested parties. Simply email Wendy Milam (WMilam@SacredHeartBR.com) and provide their name and email address.

NEWS TO THE EDITOR Do you have news for The Tuesday Newsletter? Please email news to WMilam@SacredHeartBR.com by 1:00 p.m. the Monday prior to publication. **SOCIAL MEDIA** If you haven't already done so, be sure to follow us on [Facebook](#) and [Instagram](#).



DON'T FORGET TO SIGN UP FOR FLOCK NOTES TO RECEIVE MESSAGES
DIRECTLY FROM FR. JOSH.

- **Cross Country Schedule**

September 2	vs. St. Jean Vianney @ Highland Rd. Park
September 9	Episcopal Round Table @ Highland Rd. Park
September 16	Brusly Middle Invite @ Brusly Middle School

Cross Country Practice will be held on Monday thru Thursday at Perkins Road Park beginning at 5:30 pm. Saturday Practices will be held at Highland Road Park beginning at 8:00 am. [Click here](#) to pay the registration fee for Cross Country.

- **Football Schedule**

September 6	4th Grade vs. False River	5:30 pm @ False River
September 6	6th Grade vs. False River	7:00 pm @ False River
September 16	4th Grade vs. Central Private	9 am @ Central Private
September 16	6th Grade vs. Central Private	10:30 am @ Central Private
September 16	8th Grade vs. Central Private	12:00 pm @ Central Private

Girls basketball schedule should be received from the diocese by Labor Day. Parents, an email will be sent to you as soon as the schedule is received. Games are set to begin Mid-September. If have not already done so, please [click here](#) to pay the registration fee.



Carpool Procedures

The safety of your children is our highest priority. It is imperative that carpool procedures are strictly observed.

MORNING DROP-OFF PROCEDURES

- Students may be dropped off as early as 7 a.m. **only** if they are enrolled in the Before-School Program. Parents may drop students off in front of the cafeteria until 7:25 a.m.
- Students not enrolled in the Before-School Program may not enter the school grounds until the 7:25 a.m. bell rings. If a child is dropped off before 7:25 a.m., the student is **required** to go to the Before-School Program and the parent will be charged for the Before-School service.
- **For all students**, use the carpool lane which is located on Main Street adjacent to the school sidewalk. Please enter the carpool lane from behind the church to prevent Main Street from getting backed up. **Pull up as far as possible** (to the crosswalk) before letting your child out of the car. Students will exit the car on the **passenger side**. Please make sure that you are in the car lane before unloading. **Do not drop students off in the street**. Once the child has exited the car and the door is closed, you must drive forward through the lane and turn onto North 22nd Street.
- Students should have all books and materials in hand when they exit the vehicle. Parents **should not** exit the vehicle to help their child.

AFTERNOON PICK-UP PROCEDURES

- **Please make sure that your family carpool tag is displayed prominently in the front window or from the rear view mirror until your child has entered your vehicle.**
- **For all students**, use the carpool lane which is located on Main Street adjacent to the school sidewalk.
 - Parents should line up for carpool behind Sacred Heart of Jesus Church by entering the parking lot off Main Street. Cars arriving early will pull forward in the driveway east of the church, then cars will line up in three separate lines behind the church and parish hall. One car from each line will move forward, beginning with the line closest to the church and parish hall, then the second, then the third line.
 - A faculty member will call your child for pick-up and other faculty members will be placing your child into the car on the **passenger's side only**. Once the child has entered the car and the door is closed, you must drive through the school yard and turn right onto Main Street.
 - *Note:* The first 4 spots in carpool are reserved spaces. Please leave them open for the families that purchased these spots at the school auction.
- **Students will not be released to parents who walk over to the school grounds; parents must use the carpool lines.**

SACRED HEART HOME + SCHOOL

NEWS AND REMINDERS

- Home and School Meeting/Bingo: Mark your calendar for BINGO on Tuesday, September 12th at 6:30 PM in the PAC. See Flyer for more information! You will earn one PIP hour for attending.
- Be on the lookout for a Signup Genius later this week for finger foods for Bingo night. You will earn PIP hours by signing up to bring finger foods and refreshments for bingo night.
- There is still an opportunity to join the Fall Fest committee. Please contact Ron Broussard (rbroussardjr@gmail.com) and Jeff McCollum (mccollum22@gmail.com) if you would like to be on the committee.
- Charleston Wrap: Be on the lookout for Charleston Wrap packets to go home with students on Tuesday, September 5th. This is our first fundraiser of the school year. Don't miss this opportunity to get Christmas shopping done early and raise money for our school. Wrapping paper and gifts galore! If you have any questions concerning Charleston Wrap, please contact Kathryn Mount (ke_trick@hotmail.com) or Danielle Baker (rdbaker2012@gmail.com).



HAPPY BIRTHDAY

August 07 - Blake LeBlanc - 5th Grade Teacher & Coordinator of Parent and Faculty Relations

August 18 - Cindy Duenckel - REACH

August 28 - Amy Pickenheim - Kindergarten Teacher

September 5 - Archana Banda - School Counselor

September 26 - Wendy Milam - Communications Coordinator



BINGO

Tuesday, Sept 12
6:30-9pm

\$10 to Enter Door
\$30 ea BINGO Pack

BINGO Pack includes 10 games
with 3 boards per game

**GAMES + FUN +
CASH PRIZES**

Location:
Sacred Heart
Parish Activity Center

brought to you by:
Sacred Heart
Home & School
Association

FDA Recognizes National Immunization Awareness Month

August is National Immunization Awareness Month. It provides us an opportunity to think about how far the development and advancement of immunization science has come, and its impact on public health. The U.S. Food and Drug Administration plays a key role in immunization by evaluating vaccines for safety and effectiveness before they are made available to the public.

How do vaccines work?

Vaccines work by stimulating the body's immune system to safely provide protection against viruses or bacteria that cause infection. After vaccination, the immune system is prepared to respond quickly when the body encounters the disease causing organism.

What happens when your body's immune system does not respond to a vaccine?

There are many reasons why someone's immune system will not make immunity or makes only partial immunity to vaccines. Some people who take medications to suppress their immune system, like those with an autoimmune diseases, are aware that their body might not make immunity to certain vaccines. Other people are not aware that their body will not make immunity to vaccines. The only way to protect these individuals is to limit activities where large crowds of people are in close contact and have herd immunity. Herd immunity is a reduction in the risk of infection with a specific communicable disease (such as measles or influenza) that occurs when a significant proportion of the population has become immune to infection (as because of previous exposure or vaccination) so that susceptible individuals are much less likely to encounter infected individuals. When enough of the population is resistant to a germ, its spread stops naturally because not enough people are able to transmit it. Thus, the "herd" is immune, even though many individuals within it still are not.

Why are vaccines important?

They help provide protection from an infectious disease and can lessen the severity of illness. If you are immune to a disease, you can be exposed to it without becoming sick. Simply put, because of advances in medical science, vaccines can help protect us against more diseases than ever before. Some diseases that once injured or killed thousands of people have been eliminated primarily due to vaccines.

The World Health Organization estimates that immunization currently prevents 3.5-5 million deaths every year from diseases like diphtheria, tetanus, pertussis, influenza and measles.

When it comes to immunizations, it is important to remember these things.

1. FDA Authorizes or Approves Vaccines Based on Rigorous Evaluation and Analysis of Data

Vaccines to prevent infectious diseases are given to millions of babies, children, adolescents, and adults, so it is critical that they are demonstrated to be safe and effective. Vaccines undergo a rigorous FDA evaluation of laboratory and clinical data to ensure their safety, effectiveness, and manufacturing quality. The FDA's Center for Biologics Evaluation and Research (CBER) is responsible for regulating vaccines.

2. Be Smart When Considering Your Source of Information

Getting the right information about immunization in the digital age, however, can be like drinking from a fire hose. Most Americans are on the receiving end of a constant barrage of information coming at them through phones, laptops, TVs, and social media. Trying to filter fact from fiction can be a challenge, but oh so critical when it comes to public health.

It is a difficult task countering the growing dissemination of misinformation and disinformation about science, medicine, and the FDA, which is putting patients and consumers at risk. Increasingly people are being distracted and misled.

The constant stream of information, opinion and, too often, disinformation, has eroded trust in societal institutions, including the FDA – and, regrettably, in the science upon which our decisions are based. This is causing harm to patients and consumers. It concerns me that people are choosing not to receive the COVID-19 vaccines and are falling behind on routine vaccinations.

The FDA is working to promote reliable information and discredit misinformation or disinformation that is intentionally designed to harm people. For accurate information about immunizations, look for information from our U.S. government partners, such as the CDC and your local health authority. It is ok to have questions about vaccines, so if you do, talk to a health care professional.

Vaccines have prevented countless cases of disease and disability and have saved millions of lives. We are so fortunate that today, because of safe and effective vaccines, few people experience the devastating effects of measles, pertussis, and other serious illnesses.

For you and every member of your family, it is important to stay up to date with vaccinations. August is National Immunization Awareness Month, now is a great time to get back on track with routine vaccinations.

Wishing you a healthy week ahead,
Nurse Geri

SACRED HEART

Design Club

GRADES: 5TH - 8TH

WHERE: ART ROOM

WHEN: ONE THURSDAY A MONTH

(SCHEDULE WILL BE EMAILED)

FIRST MEETING: SEPT. 14TH

THERE WILL BE A SIGN UP FORM IN THE ART ROOM. STUDENTS WILL BE ALLOWED TO SIGN UP WHEN THEY COME TO ART CLASS.

TIME: 3 - 4:30 OR 5
STUDENTS NOT PICKED UP BY
THE DESIGNATED TIME WILL
BE SENT TO AFTERCARE

FEE
\$10

MCALANDRO@SACREDHEARTBR.COM



Coupled with small group music instruction, KO students broaden themselves as individuals, establish their place in the community, foster mutual respect for the diverse beliefs and values of all persons and groups, and improve inter-racial and cultural harmony.



Our Mission

To build a community of creative, confident, and socially engaged students through music education.

Our Vision

To bring Louisiana together through music.

KO Provides

- Trauma-Informed Teaching Practices
- Music Lessons
- Free Instruments

Take the Interest Survey Here!



KEY SKILLS STUDENTS GAIN

Musical performance

Music literacy

Instrument care
and handling

Self-confidence

Empathy

Responsibility

Critical thinking

Decision-making



What is Kids' Orchestra?

Kids' Orchestra (KO) is an after-school program that strives to build a community of creative, confident, and socially engaged students through music education.

KO ensures that students have access to resources that they may not otherwise receive such as safe, constructive, and collaborative extracurricular engagement (music lessons); healthy snacks; homework assistance; Social Emotional Learning support; and performances opportunities throughout the year. Students receive an instrument for a year free of charge, on which they receive musical instruction from professional music educators.

OUR MISSION: To build a community of creative, confident, and socially engaged students through music education.

OUR VISION: To bring Louisiana together through music.

WHO WE SERVE: We serve elementary and middle school-age children across East Baton Rouge Parish and provide them with the opportunity to study music, learn an instrument, and practice the art of performance.

HOW WE SERVE OUR COMMUNITY: As an El Sistema-inspired organization, we have adopted the guiding philosophy that music education can create great musicians and positively change the life trajectory of children in a given community.

MUSIC
Students are offered instruction in a variety of settings including in-person group lessons, online group lessons, and online private lessons. Depending on age and experience level, students can choose to study one or more of the following instruments: violin, viola, cello, double bass, flute, clarinet, trumpet, trombone, and percussion. In-person instruction is offered at partnered schools in EBRPSS and City of Baker Schools.

For our youngest students in Kindergarten and 1st grade, we offer Foundations classes that explore age-appropriate introductory concepts and skills. We also offer an Instrument Explorers class for new 2nd and 3rd grade students that introduces students to a variety of instruments.

PERFORMANCES
Each KO student is given the chance to perform twice a year, once in the winter and once in the spring. Both in-person and virtual programs give students the opportunity to show their family, friends, peers, and community how much they have learned and grown.

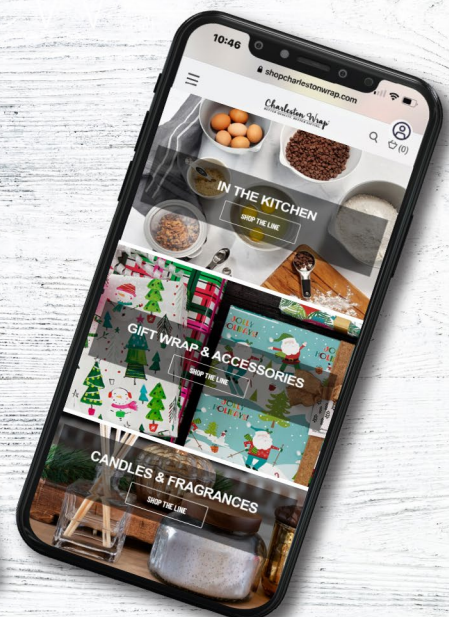


Be on the lookout for our Charleston Wrap fundraising info coming soon!



BETTER PRODUCTS. BETTER FUNDRAISING.

Introducing our
2023 FALL FUNDRAISER!



www.registercw.com

August 2023

Dear Sacred Heart Families,

Welcome to the School Counseling Department! **Your counselors are Christina O'Brien, MA, PLPC and Archana Banda, MSW.** We are very excited to be working with you and your child this upcoming school year!

Our mission is to provide a supportive environment in which each student can develop emotionally, socially, spiritually, physically and academically. We hope to achieve this by facilitating clear and open communication between students, families and teachers, through classroom guidance lessons, small group counseling, individual and academic counseling, and parent consultation and support.

When should I contact a counselor?

Please contact us whenever you or your child has concerns about:

- Family change (separation, divorce, death, illness, moving, etc.)
- Classroom behaviors
- Sudden changes in your child's behavior
- Concerns about peer relationships
- Parenting issues
- Academic concerns
- Implementation or changes regarding Accommodation Plans
- Requesting evaluations for Gifted/Talented
- Facilitating/scheduling outside Speech or Occupational therapies into the school day
- Facilitating teacher reports for Evaluations

We look forward to meeting and working with you and your child throughout the school year. Please do not hesitate to contact us with any questions or concerns that you may have as we begin this new school year.

A counselor will be at school M-Th. during school hours. The quickest way to contact us is through email. You are welcome to copy us both on any communication as we work as a collaborative team. We will always get back with you in a timely manner.

Thank you for sharing your children with us, and God bless us all for a safe, happy, and healthy school year!

Best,

Archana Banda, MSW

abanda@sacredheartbr.com

Christina O'Brien, MA, PLPC

cobrien@sacredheartbr.com

"Do Small Things With Great Love." - St. Therese of Lisieux



Lab Services Program

The Lab Services Program is a division of the Department of Special Education that focuses on dyslexia therapy and reading intervention. Students who are currently enrolled at their school and either have a diagnosis of dyslexia or are recommended by the school administration due to struggles in reading can apply for Lab Services.

How does the Lab Services Program help the students?

- It is designed to meet the students where they are and bring them up to grade-level in reading fluency, comprehension, writing and spelling with an additional handwriting component if necessary.
- Deficits are identified through diagnostic assessment.
- A multisensory and systematic approach is used to teaching reading and spelling concepts. • Our lab teachers also collaborate with the students' classroom teachers to best meet the needs of each child.

How often do students attend Lab Services?

Students will be pulled strategically throughout the day in order to attend the lab. Depending on the class period length, it will be 2-3 times per week for 100-120 minutes. Students may be pulled in a group of up to 4 students. Depending on the degree of the reading deficit, it can be a 2-3-year course of instruction.

What are the fees for Lab Services?

The fees are \$3000/year with a \$75 registration fee. Payments of \$300 will be drafted from your bank account at the beginning of each month. If a child enters the lab mid-month, fees will be pro-rated.

How to I apply for Lab Services?

1. School administration, in accordance with the classroom teacher, will meet with the family to determine if the child would benefit from the lab.
2. If the family would like to apply for the program or has any further questions, they should email Kristy Monsour, Program Director of the Department of Special Education (kmonsour@csobr.org), for the digital application and bank draft information.
3. Once application, banking information and registration fees are received, Kristy will notify the school and parents that services can begin.
4. If there is an educational evaluation for the child that would help with reading remediation, it should also be submitted.



AUGUST 2023

Elementary Schools



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples

7

Spaghetti and Meatballs in Sauce
Garden Salad
Garden Variety Veggies
Orange Wedges
Garlic Bread Stick

8

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Tropical Fruit

9

Chicken Teriyaki Rice Bowl
Garden Variety Veggies
Sorbet Cup

10

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

11

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Vegetable Melody
Green Apple Wedges

14

Hamburger/Cheeseburger
Lettuce and Pickle Cup
French Fries
Garden Variety Veggies
Tropical Fruit

15

Jambalaya
White Beans
Garden Variety Veggies
Sorbet Cup
Dinner Roll

16

Chicken Parmesan with
Spaghetti
Garden Salad
Garden Variety Veggies
Diced Peaches
Garlic Bread Stick

17

Nachos
Nacho Salad Cup
Salsa
Mexican Corn
Garden Variety Veggies
Orange Wedges

18

Chicken Tenders
Red Beans and Rice
Garden Variety Veggies
Pineapples
Biscuit

21

Choice: Pizza
Power Cup

Soft Tacos
Taco Salad Cup
Pinto Beans
Salsa
Garden Variety Veggies
Sorbet Cup
Choice: Chicken Smackers
Power Cup

22

Chicken Potato Bowl
Garden Variety Veggies
Red Apple Wedges
Dinner Roll
Choice: Chef Taco Salad
Power Cup

23

Pepperoni or Cheese Pizza
Garden Variety Veggies
Garden Salad
Fresh Fruit

24

Chicken Filet on Bun
Tator Tots
Lettuce and Pickle Cup
Garden Variety Veggies
Diced Peaches

25

Choice: Pizza
Power Cup

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples

28

Choice: Pizza
Power Cup

Spaghetti and Meatballs in Sauce
Garden Salad
Garden Variety Veggies
Orange Wedges
Garlic Bread Stick

29

Choice: Chicken Smackers
Power Cup

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Tropical Fruit
Celebration Cupcake

30

Choice: Chef Caesar Salad
Power Cup

Chicken Teriyaki Rice Bowl
Garden Variety Veggies
Sorbet Cup

31

Choice: BBQ Chicken Fries
Power Cup



SEPTEMBER 2023

Elementary Schools



Monday

Tuesday

Wednesday

Thursday

Friday

4

Chicken Smackers
Spaghetti and Cheese
Garden Variety Veggies
Cauliflower with Cheese
Mixed Fresh Fruit

Choice: Pizza
Power Cup

11

Chicken Tenders
Red Beans and Rice
Garden Variety Veggies
Pineapples
Biscuit

Choice: Pizza
Power Cup

18

Honey Citrus Chicken
Fried Rice
Garden Variety Veggies
Pineapples

Choice: Pizza
Power Cup

5

Hamburger/Cheeseburger
Lettuce and Pickle Cup
French Fries
Garden Variety Veggies
Tropical Fruit

Choice: Chicken Smackers
Power Cup

12

Soft Tacos
Taco Salad Cup
Pinto Beans
Salsa
Garden Variety Veggies
Sorbet Cup

Choice: Chicken Smackers
Power Cup

19

Spaghetti and Meatballs in Sauce
Garden Salad
Garden Variety Veggies
Orange Wedges
Garlic Bread Stick

Choice: Chicken Smackers
Power Cup

6

Jambalaya
White Beans
Garden Variety Veggies
Sorbet Cup
Dinner Roll

Choice: Chef Chicken Smacker Salad
Power Cup

13

Chicken Potato Bowl
Garden Variety Veggies
Red Apple Wedges
Dinner Roll

Choice: Chef Taco Salad
Power Cup

20

BBQ Pulled Pork Sandwich
Baked Beans
Garden Variety Veggies
Tropical Fruit
Celebration Cupcake

Choice: Chef Caesar Salad
Power Cup

7

Chicken Parmesan with
Spaghetti
Garden Salad
Garden Variety Veggies
Diced Peaches
Garlic Bread Stick

Choice: Totachos
Power Cup

14

Pepperoni or Cheese Pizza
Garden Variety Veggies
Garden Salad
Fresh Fruit

Choice: Totachos
Power Cup

21

Chicken Teriyaki Rice Bowl
Garden Variety Veggies
Sorbet Cup

Choice: Totachos
Power Cup

8

Nachos
Nacho Salad Cup
Salsa
Mexican Corn
Garden Variety Veggies
Orange Wedges

Choice: Pizza
Power Cup

15

Chicken Filet on Bun
Tator Tots
Lettuce and Pickle Cup
Garden Variety Veggies
Diced Peaches

Choice: Pizza
Power Cup

22

Macaroni and Cheese
Green Beans
Garden Variety Veggies
Strawberry Applesauce

Choice: Pizza
Power Cup

BORN TO RUN 2023

7:30 am, Saturday, November 4

North Boulevard Town Square

*5k Run and 1/2 Mile Fun Run Fundraiser for
Women's New Life Clinic*

**JOIN OUR TEAM FOR ITS 8TH YEAR OF PARTICIPATING!
SACRED HEART CHURCH & SCHOOL**



Scan the QR code
to register or donate

or go to WomensNewLife.com/borntorun

Early-bird discount registration ends Sept. 15!