

# 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

SEPTEMBER 12, 2023

## CALENDAR PEEK!

- 09.12 **BINGO** (6:30 pm in the PAC)
- 09.14 **MASS** (8 am in the church 6<sup>th</sup> grade leaders)
- 09.15 **PROGRESS REPORTS**
- 09.15 **HISPANIC HERITAGE CELEBRATION** (1:45 pm in the gym)
- 09.22 **MASS** (8 am in the church 3<sup>rd</sup> grade leaders)
- 09.22 **ICE NIGHT** (1 pm - 10 pm @ Jeremiah's Italian Ice - 3260 Highland Rd.)
- 09.28 **YEARBOOK PICTURE RETAKES** (8 am in the gym)
- 09.28 **LAST DAY TO SELF-NOMINATE FOR STUDENT COUNCIL**
- 09.29 **MASS** (8 am in the church 5<sup>th</sup> grade leaders)
- 09.29 **BIRTHDAY FREE DRESS** (September Birthdays)



## PRINCIPAL'S POST

By: Michael Miller

Greetings to all!

There are always great things happening at Sacred Heart of Jesus Church and School and this week is not an exception! Tonight, our Home & School is hosting BINGO! This fun community building/fundraiser event begins at 6:30 pm in the PAC. In addition, our girls basketball teams are playing their first home games of the season tonight in the school gym beginning at 5:45 pm. Come out to play some Bingo and watch the Lady Tigers of Sacred Heart!

Two quick reminders: parents are invited to attend our Hispanic Heritage Assembly this Friday, Sept. 15th at 1:45 pm. And we are still seeking after care workers. If you know of someone who would enjoy working with our children email Alexis Williams at [awilliams@sacredheartbr.com](mailto:awilliams@sacredheartbr.com).

Finally, be on the lookout for class prayer boxes. Each class will be given a prayer box. Every Friday the prayer box will be given to a student to take home for the weekend. Included in the boxes are rosaries and laminated prayers that each grade level is familiar with. We hope that this box will serve as a reminder for families to pause for a moment and pray together. The boxes should be returned the next week, so that they can be sent home with another student the following Friday.

*"First of all, then I ask that supplications, prayers, petitions, and thanksgivings be offered for everyone, for kings and all in authority, that we may lead a quiet and tranquil life in all devotion and dignity." (1 Timothy 2:1-2)*

# WHAT'S HAPPENING!

Continued from page 1

**HISPANIC HERITAGE CELEBRATION** This Friday is our annual Hispanic Heritage Celebration at 1:45 in the gym. Parents are welcome to attend. 8th grade parents, don't forget to sign up via the email sent by Wendy Milam yesterday.

**BINGO** Join us for BINGO tonight! See flyer on page 5 for more information! You will earn one PIP hour for attending and the class with the most parent participation will receive a free dress day.

**KIDS ORCHESTRA** Kids Orchestra is a new opportunity for after school music lessons. To gauge interest in this program, please [click here](#) to complete a brief survey. This is the last week to show interest. More information will be sent to families interested next week.

**ICE NIGHT** We are excited to announce our first give back night of the year! Jeremiah's Italian Ice (3260 Highland Rd, Baton Rouge) is offering 20% back on all sales from 1 pm - 10 pm on Friday, September 22. We hope to see you there!

**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](mailto:MCalandro@SacredHeartBR.com).

**BOARD GAME CLUB:** We are opening enrollment to 4<sup>th</sup> and 5<sup>th</sup> grades as well as middle school to join the Board Game Club sponsored by Receptionist Alexis Williams. We hope you can join us for fun, games, collabs with other clubs and parties! Meetings will be every other Wednesday from September 13 - April 17. See flyer on page 9. Questions? Contact Alexis Williams [AWilliams@SacredHeartBR.com](mailto:AWilliams@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.

**NEWS TO THE EDITOR** Do you have news for The Tuesday Newsletter? Please email news to [WMilam@SacredHeartBR.com](mailto:WMilam@SacredHeartBR.com) by 1:00 p.m. the Monday prior to publication.



## SONGLIST FOR MASS (9.14.23):

Opening: [Awesome God](#)

Offertory: [Jesus Name Above All Names](#) [Sheet music](#)

Communion: [Amazing Grace](#) [Sheet music](#)

**ATHLETIC CALENDAR:** Contact Athletic Director Amy Daughdrill at [adaughdrill@sacredheartbr.com](mailto:adaughdrill@sacredheartbr.com) with any questions.

Congratulations to our cross country team for another amazing meet this past weekend!

The 3rd, 4th, and 5th grade girls basketball team will have their first home games tonight! Join us to cheer on our Tigers in the SH gym before heading over to Bingo in the PAC. Games begin at 5:45.

If you would like to earn PIP hours during one of our home games, sign up [HERE!](#)

Get your Tiger Spirit Pass to all of our home games during the girls basketball season by [clicking HERE](#). Passes are \$30 and gain entry for each home game for the girls season and a free popcorn.

Attention Parents with students in grades Pre-K 4 through 2nd grade: If you are interested in earning PIP hours and helping coach your child and their classmates during the school year for any of our biddy sports, please take a moment to fill out this [FORM](#). Our biddy sports cannot succeed without the help of our parents! Please take a moment and fill out the above form by the end of this week if you are able to help. Please remember that all volunteers must have their background checks done and paperwork on file with the school.

- **Cross Country Schedule**

September 16	Brusly Middle Invite @ Brusly Middle School
September 23	Brusly Middle Sinclair Run on the Levee
September 30	St. Aloysius @ Highland Rd. Park

- **Football Schedule**

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**

September 12	3rd Grade vs. St. George	5:45 pm @ Sacred Heart
September 12	4th Grade vs. St. George	6:30 pm @ Sacred Heart
September 12	5th Grade vs. St. George	7:15 pm @ Sacred Heart



# SACRED HEART HOME + SCHOOL

## NEWS AND REMINDERS

- **It's BINGO NIGHT! Doors open at 6:30 PM in the PAC. Bingo starts at 7:00 p.m.** \$10 admission fee and \$30 for 10 bingo cards. **CASH ONLY!** See Flyer for more information! You will earn one PIP hour for attendance. The class with the most attendance wins a free dress pass!
- Thank you to those who signed up to donate food for BINGO night!
- **Fall Fest is approaching fast!!!** Please see the email from Wendy Milam on September 8th with Fall Fest Forms. The deadline to submit the Fall Fest order form and payment is **September 22nd** to ensure your child receives a t-shirt. Click here for **the Fall Fest Order Form**, click here for the **Jambalaya Order Form**, and click here for **the Fall Fest Sponsorship Form**. If you have any questions or want to volunteer for Fall Fest, please contact our Fall Fest Chairs, Ron Broussard ([rbroussardjr@gmail.com](mailto:rbroussardjr@gmail.com)) and Jeff McCollum ([mccollum22@gmail.com](mailto:mccollum22@gmail.com)).
- **Charleston Wrap:** Packets went home with students on **Tuesday, September 5th**. This fundraiser will go through **September 26th**! Please click here to place your order. Our organization ID is 19710. If you have any questions concerning Charleston Wrap, please contact Kathryn Mount ([ke\\_trick@hotmail.com](mailto:ke_trick@hotmail.com)) or Danielle Baker ([rdbaker2012@gmail.com](mailto:rdbaker2012@gmail.com))
- **TIGER SHOP** - The Tiger Shop is open! And great news- it will be open full time! Please click here to order your spirit items, as well as your outerwear needs, such as sweatshirts and jackets. And to our parents of athletes- be sure to check out your child's sport on Tiger Shop as well! Orders will be ready two weeks after the order is placed.



## HAPPY BIRTHDAY

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

# Hispanic

## Heritage Month

September 15-October 15



### Five Things to Know About Hispanic Heritage Month

It's a national celebration to honor the history, culture, and influence of past generations that came from Spain, Mexico, the Caribbean and Central and South America. Hispanic Heritage Month has been a big celebration in the U.S. for more than 40 years. Hispanics across the country celebrate this month with pride and joy, while commemorating the importance of diversity.

#### What is Hispanic Heritage Month?

It's a national celebration to honor the history, culture and influence of past generations who came from Spain, Mexico, the Caribbean and Central and South America. U.S. & World: The observance started in 1968 under President Lyndon Johnson's administration as a one-week celebration called Hispanic Heritage Week. Years later, President Ronald Reagan proposed extending this celebration into a month-long event. It was enacted into law on Aug. 17, 1988, officially designating the 30-day period starting on Sept. 15 to Oct. 15 as National Hispanic Heritage Month.

#### When is Hispanic Heritage Month Celebrated?

Hispanic Heritage Month is celebrated from Sept. 15 to Oct. 15. The celebration starts mid-month because Sept. 15 marks the independence anniversary of five countries: Costa Rica, Nicaragua, El Salvador, Honduras and Guatemala. It is followed by Mexico's Independence Day on Sept. 16 and Chile's on Sept. 18. Another important date that falls within this 30-day period is Día de la Raza, or Columbus Day, which is celebrated on Oct. 12.

**What does Hispanic mean?** While many people use Latino(a) and Hispanic interchangeably, these two words mean different things. A Hispanic person is someone who comes from or is a descendant of a Spanish-speaking country. Latino(a) is used when referring to someone who comes from Latin America or is a descendant from any Latin American country. A person can be both Hispanic and Latino(a), but not all Latinos are Hispanic. Brazilians, for example, are Latinos, but their native language is not Spanish. Conversely, not all Hispanics are Latino(a). Spaniards are considered Hispanic, but not Latinos since they are part of the European Union.

#### How many Hispanics are there in the U.S.?

The Pew Research Center says the U.S. Hispanic population is the nation's second-fastest-growing ethnic group after Asians. The Hispanic population in the U.S. as of July 1, 2017 is 58.9 million, according to the U.S. Census Bureau. Hispanics account for 18.1% of the total U.S. population.

**How can we celebrate Hispanic Heritage Month?** People use this celebration to show the importance of Hispanics in the U.S. by donating to Hispanic charities, eating food from any of the countries that are being celebrated, learning from their cultures, and honoring influential Hispanics who have made an impact on society.

NOW OPEN FULL TIME!

# TIGER *Shop*



SHOP FOR YOUR SPIRIT  
ITEMS, AS WELL AS YOUR  
OUTERWEAR NEEDS,  
SUCH AS SWEATSHIRTS  
AND FLEECE

ANY QUESTIONS, PLEASE CONTACT  
JENNIFER THIBODEAUX  
(JTHIBODEAUX@CATHOLICHIGH.ORG) OR  
KINDAL SCHEIDT (KINDALSHIRT@GMAIL.COM).



SCAN ME





**OF LSU NORTH GATE**

WHEN ORDERING  
**MENTION**  
SACRED HEART  
OF JESUS SCHOOL

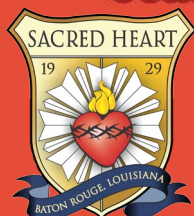


**ICE NIGHT** Offering a helping hand to our...

**FRIDAY,  
SEPTEMBER 22nd  
1PM-10PM**

**20%**

**OF YOUR ORDER WILL BE DONATED**



**JOIN US AS WE SUPPORT**

**SACRED HEART  
OF JESUS SCHOOL**



**3260 Highland Rd., Ste 9 | Baton Rouge, LA | 70802**



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**



## SACRED HEART OF JESUS SCHOOL

2251 Main Street • Baton Rouge, Louisiana 70802  
225.383.7481 • fax 225.383.1810  
[www.SacredHeartBR.com](http://www.SacredHeartBR.com)

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### Game Club Parental Permission Form

Dear 4<sup>th</sup>-8<sup>th</sup> grade Parents,

Sacred Heart will be offering an after school Board Game Club beginning Wednesday, September 13, 2023. This program will run every other Wednesday from September 13, 2023 – April 17, 2024. If you are interested in your child participating, please fill out the bottom section of this notice and return it to school with \$10 cash. Our dues will cover the cost of parties and the occasional game. We can't wait to PLAY!

Participant Name & Grade: \_\_\_\_\_

I give permission for my child (named above) to attend Board Game Club every other Wednesday after school dismissal from 3:15pm – 4:15 pm. I understand my child must be picked up at 4:15 pm at the front gate entrance.

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Printed name of Parent or Guardian

\_\_\_\_\_  
Date

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### Pick up and Emergency Contact Information

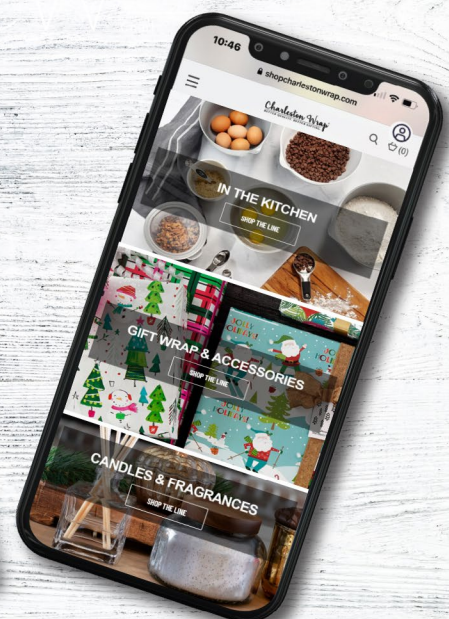
Name	Relationship to child	Mobile
1.		
2.		

# 2023 FALL FUNDRAISER

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



## Introducing our 2023 FALL FUNDRAISER!



Register Now

[www.registercw.com](http://www.registercw.com)



KEEP CALM AND JOIN QUIZ BOWL!



*Come join us for  
our first Quiz  
Bowl meeting  
and tryout!*



**SACRED HEART'S**  
**QUIZ BOWL**  
**TEAM**

*Battle of the Brains!*

**GRADES  
5TH - 8TH  
ALL ARE  
WELCOME!**

September 27  
3:05-4:00pm  
Mrs. Robinson's Room  
Room 203



**SEE MRS. BANDA OR MRS. ROBINSON FOR MORE INFORMATION**

# FALL FEST CANDYLAND 10-27-2023 GUMDROP PASS

## IMPORTANT DEADLINES

**The deadline for Fall Fest orders is FRIDAY, SEPTEMBER 22.**

*Link can be found in the Tuesday Newsletter or by using the QR Code on this flyer.*

Questions – please contact Jeff McCollum at [jlmcollum@duprelogistics.com](mailto:jlmcollum@duprelogistics.com)



### **Gumdrop Pass Package - \$50** per student and includes

General Admission Arm Band

*access to most booths, slides, space walks and face painting*

3 Ticketed Arm Bands

*used for concessions, photo booth and pitch burst*

Fall Fest T-Shirt

*can be worn on 10/13, 10/27 & 11/3*

Personalized Drawstring Bag

(Total Value if purchased individually \$55)

### **Add-Ons: A la Carte** (optional add-ons below)

General Admission Arm Band - \$20 each

Ticketed Arm Band - \$5 each

Fall Fest T-Shirt - \$15 each

Personalized Drawstring Bag - \$5 each



# SACRED HEART SCHOOL



# FALL FEST CANDYLAND SPONSORSHIPS

10-27-2023

**PLEASE SEND ALL SPONSORSHIP FORMS TO THE SCHOOL OFFICE  
YOU MAY ALSO USE THE ONLINE FORM.**

*Link can be found in the Tuesday Newsletter or by using the QR Code on this flyer.*

All Sponsorship Forms and logos are due by **Friday, 9/22** to ensure your company's name or logo will be included on the fall fest t-shirt or fall fest sign. The deadline to submit payment is **Friday, 10/13.**

*Any sponsorship forms and payments collected after these deadlines will mean your company's name or logo cannot be include on the fall fest t-shirt or fall fest sign.*

Questions – please contact Jeff McCollum at [jlmccollum@duprelogistics.com](mailto:jlmccollum@duprelogistics.com)

☐ **King Candy Level - \$600 or more**

Sponsor's business logo (or name) on back of Fall Fest T-shirt & on Fall Fest sign  
2 – Gumdrop Pass Package

☐ **Lord Licorice Level - \$400 - \$599**

Sponsor name (NOT LOGO) on back of Fall Fest shirt and on Fall Fest Sign  
1 – Gumdrop Pass Package

☐ **Mr. Mint Level - \$200 - \$399**

Sponsor name (NOT LOGO) on Fall Fest sign  
1 Fall Fest T-shirt

☐ **Gingerbread Boy Level- \$30 - \$199**

*This game rental sponsorship helps defray the cost of game rentals and will be tied to the game of the sponsor's choosing, including class booths.*

Name on booth sign  
1 Tabbed band



Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Gr: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

**Sponsors over  
\$200**

T-Shirt Sizes  
3T, 4T, YXS  
YS, YM, YL  
AS, AM, AL, AXL,  
AXXL, XXXXL

**\*Additional King Candy Level Sponsor (\$600 or more) Information only**

Student's Name: \_\_\_\_\_ Gr: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Would you like your logo on the Fall Fest sign and t-shirt? ☐ yes ☐ no

## SACRED HEART SCHOOL



# FALL FEST CANDYLAND 10-27-2023 JAMBALAYA

**PLEASE SEND ALL JAMBALAYA ORDER FORMS TO THE SCHOOL OFFICE  
YOU MAY ALSO USE THE ONLINE FORM.**

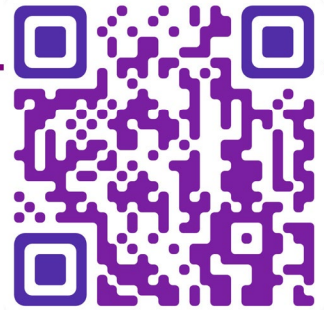
*Link can be found in the Tuesday Newsletter or by using the QR Code on this flyer.*

\*Remember orders must be purchased in advance to guarantee you receive jambalaya. Only a very limited number of orders may be available the day of Fall Fest.

\*If you have multiple orders, please select which item(s) you want and then list the number below. Use the name of your oldest student for "Student's Name."

Please note the deadline for order and payment is October 18th. Payment can be made via Venmo or check. Send checks (made out to Sacred Heart Home & School) to the school office in an envelope marked "Fall Fest Jambalaya Order Form."

Any questions, please email Jeff McCollum (jlmccollum@duprelogistics.com).



☐ **\$5 – Lunch Bowl**

Will be served at lunch the day of Fall Fest and includes a bowl of jambalaya

☐ **\$6 – Lunch Combo**

Will be served at lunch the day of Fall Fest and includes a bowl of jambalaya and a large drink

☐ **\$25 – Take Home Box**

Will be ready for pick up from 2p-3p. Includes jambalaya and dinner rolls for a family of four.

**Total: \$ \_\_\_\_\_**

***If you order online, you do not need to turn in a paper order form***

Student's Name: \_\_\_\_\_ Grade \_\_\_\_\_

**Payment due by Venmo (<https://account.venmo.com/u/SHSBRHomeandSchool>) or check made payable to Sacred Heart Home & School by Wednesday October 18th**

## SACRED HEART SCHOOL



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.





## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

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

4

**Choice:** Pizza  
Power Cup

Chicken Tenders  
Red Beans and Rice  
Garden Variety Veggies  
Pineapples  
Biscuit

11

**Choice:** Pizza  
Power Cup

Honey Citrus Chicken  
Fried Rice  
Garden Variety Veggies  
Pineapples

18

**Choice:** Pizza  
Power Cup

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

25

**Choice:** Pizza  
Power Cup

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

5

**Choice:** Chicken Smackers  
Power Cup

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

12

**Choice:** Chicken Smackers  
Power Cup

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

19

**Choice:** Chicken Smackers  
Power Cup

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

26

**Choice:** Chicken Smackers  
Power Cup

Jambalaya  
White Beans  
Garden Variety Veggies  
Sorbet Cup  
Dinner Roll

6

**Choice:** Chef Chicken Smacker Salad  
Power Cup

Chicken Potato Bowl  
Garden Variety Veggies  
Red Apple Wedges  
Dinner Roll

13

**Choice:** Chef Taco Salad  
Power Cup

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

20

**Choice:** Chef Caesar Salad  
Power Cup

Jambalaya  
White Beans  
Garden Variety Veggies  
Sorbet Cup  
Dinner Roll

27

**Choice:** Chef Chicken Smacker Salad  
Power Cup

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

7

**Choice:** Totachos  
Power Cup

Pepperoni or Cheese Pizza  
Garden Variety Veggies  
Garden Salad  
Fresh Fruit

14

**Choice:** Totachos  
Power Cup

Chicken Teriyaki Rice Bowl  
Garden Variety Veggies  
Sorbet Cup

21

**Choice:** Totachos  
Power Cup

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

28

**Choice:** Totachos  
Power Cup

Macaroni and Cheese  
Green Beans  
Garden Variety Veggies  
Strawberry Applesauce

1

**Choice:** Pizza  
Power Cup

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

8

**Choice:** Pizza  
Power Cup

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

15

**Choice:** Pizza  
Power Cup

Macaroni and Cheese  
Green Beans  
Garden Variety Veggies  
Strawberry Applesauce

22

**Choice:** Pizza  
Power Cup

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

29

**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](https://WomensNewLife.com/borntorun)  
Early-bird discount registration ends Sept. 15!