



# Announcements

Monday, Sept. 28

Today's lunch: Pasta buffet, green beans, mixed fruit

Today—4pm JH volleyball vs RC Christian—Juniors have concession.

**Happy birthday (yesterday) to Miss Cheryl!**

Students stay off the roped off swing set by the soccer field/  
basketball courts.

**Thought of the Day:** Positive thinking must be followed by positive doing.

**Joke of the Day:**

Why did the bike fall over? It was two tired.

**Food Fun Fact:** Fruit is higher in sugar and calories than vegetables, but both fruits and vegetables are rich in fiber, vitamins, minerals and antioxidants.