## Mr. Lewis' Weekly Round-Up....

Happy Friday to everyone! School is in full swing now and it's full speed ahead! Thank you to everyone who has signed up for our Dads and Kids Pizza Night to kick off our WatchDOGS program for the year. This is a wonderful opportunity to assist in the safety of our students, parents and staff, while being a positive male influence on our kids. If you would like more information on how you can be involved, please contact me at lewism@conwayschools.net.

> Have a great weekend!

## Mark Lewis

> If you would like to help decorate for the music program, please send Mrs. McCoy an email at mccoya@conwayschools.net or a note and she will put you in touch with the parent in charge of decoration.

## WatchDOGS

- We are forming a leadership team made up of interested dads to better the program.
- We have Eric Snow coming on Oct 1 at 6:00 PM for our Dads and Kids Pizza Night kick-
off event. He is the CEO of WatchDOGS and it will be a powerful presentation for every-
one.
MASHmoms
- There is not a kick-off scheduled as of yet. But we are working on it.
- This year, moms will contact you directly to ask when and where you need them, and then they'll sign up through the app.

All volunteers must go through the front office in order to fill out the volunteer protocol form. If you have ANY volunteers they need to fill out the form prior to accessing your students.

# School Menu <br> September 30-October 4 

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Choice of One <br> Mini Blueberry Pancakes w/ Turkey Bacon or Cereal \& Pop-Tart <br> Milk of Choice | Choice of One Breakfast Bagel or Cereal \& Oatmeal Bar <br> Milk of Choice | Choice of One Cereal \& Blueberry Muffin or Cereal \& Pop-Tart <br> Milk of Choice | Choice of One Breakfast Squares w/Country Gravy | Choice of One French Toast Sticks w/Turkey Bacon or Cereal \& Pop-Tart <br> Milk of Choice |
| Choice of One Cheesy Chicken over Rice w/Breadstick or <br> Beef Hot Dog w/ Sun Chips <br> Berry Lemon Fruit Ice <br> Pineapple Chuncks Carrot Sticks Dragon Punch Veg/ Fruit Juice <br> Milk of Choice | Choice of One <br> Popcorn Chicken w/ Mashed Potatoes \& Roll or Turkey \& Cheese Melt w/Cool Ranch Doritos <br> Mandarin Oranges Steamed Broccoli Celery Sticks Purplelicious Fruit Juice <br> Milk of Choice | Choice of One <br> Steak Fingers w/ <br> Mashed Potatoes \& Roll or <br> Low Fat Yogurt w/ Pizza Stick <br> Red Delicious Apple Pineapple Tidbits Black-eyed Peas Wango Mango Fruit Juice <br> Milk of Choice | Choice of One <br> Taco Salad or <br> Breaded Chicken Sandwich w/Nacho Cheese Doritos <br> Peach Cup <br> Whole Kernel Corn Raw Pickle Spears Blue Razz Fruit Juice Whole Grain Brownie | Choice of One <br> Pepperoni Pizza or <br> Chicken Tender Wrap w/Sun Chips <br> Strawberry Cup Garden Salad Carrot Sticks Apple Juice Cowboy Cookie <br> Milk of Choice |

E

