

# IN THE MIDDLE NEWSLETTER

## BEULAH MIDDLE SCHOOL

August 24 - 31 2019

### SATURDAY, AUGUST 24

- Cross Country @ Jamestown @ 11:00 am (Depart: 6:30)

### MONDAY, AUGUST 26 - Breakfast: Cereal, Toast, Juice, fruit, cinni mini

**Lunch:** Spaghetti with meat sauce, breadstick, corn, peach cup

- Volleyball (JV/V) Scrimmage @ Center (Dismiss: 2:05)
- Beginning @ JV vs. Linton @ 3:30 and V vs. Washburn @ 4:00
- Football (JV) @ Bismarck High (Community Bowl) @ 4:30 pm (Dismiss: 2:28 after 7<sup>th</sup> period)

### TUESDAY, AUGUST 27 - Breakfast: Cereal, Toast, Juice, fruit, breakfast sandwich

**Lunch:** Chicken fajita, Spanish rice, baked apples

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### WEDNESDAY, AUGUST 28 - Breakfast: Cereal, Toast, Juice, fruit, sausage/pancake on a stick

**Lunch:** Sloppy joe on bun, oven potatoes, broccoli normandy, mixed fruit

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### THURSDAY, AUGUST 29 – Breakfast: Cereal, Toast, Juice, French toast sticks

**Lunch:** Quesadilla, chips and salsa, seasoned carrots, grapes

- Cross Country @ Bowman (Sweetwater Golf Course) @ 10:00 am (Depart: 5:45)

### FRIDAY, AUGUST 30 - Breakfast: Cereal, Toast, Juice, breakfast pizza

**Lunch:** Corn dog, taco salad, fruit

- Football @ Valley City @ 7:00 pm (Dismiss: 12:40)

### SATURDAY, AUGUST 31

- Volleyball (Coal Country Invitational) Tournament @ Beulah and Hazen @ 8:00 am

**BEULAH PUBLIC SCHOOL MISSION:**

High levels of learning for all