

# Raider Review 8.26.2022

Crown of Life Lutheran School      Justin W. Vilski, Principal  
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- Welcome Back to a new school year! Welcome to our new families – we're so glad you're here!
- **NO SCHOOL next Friday or Monday** – Enjoy your long Labor Day weekend!

This is the first of our weekly newsletters that will be emailed via Gradelink each FRIDAY (or last day of school for the week). Make sure to read them every week. They will contain important announcements, information, dates etc. The newsletter is also posted on the website, under COL Families/Forms/School Newsletter. May God bless all students, teachers and families this year!

**Lunch Program** -CKC GoodFood will again provide our lunches. CKC offers these options: hot, hot vegetarian, cold and deli salad. Salad bar is included with each lunch. The cost for lunch is \$4.25 (includes milk); milk only is 60 cents. Lunch orders are due each **Monday at noon, for the following week**. Please order for the entire month if you are able. Families will be billed for lunch/milk via PaySimple at the beginning of each month, for the previous month's orders. The lunch menu and link to the Google SignUp sheet are sent home with every Raider Review.

**Sign In Sheet in office** – All volunteers and visitors must stop in the office to sign in. You will also need to come in to sign your child out when they are leaving early for the day. **Grades K-2 leaving early – Parents come in to sign your child out and then proceed to the classroom to pick them up.**

**Parking Lot Gate** – The gate will be closed every morning at 8:30 am, and opened at 3:00 pm, or once the Phy Ed classes have cleared the parking lot.

**Pick Up and Drop Off** – Due to the construction on Crusader Ave., please watch for updates to be sent out as needed via text and email.

## New Service Times Start in September

**Reminder:** Starting the weekend of **September 4th**, our worship schedule will change to the following. (Please notice our consolidated schedule only includes services offered on Sunday and Monday.)

- **Sunday, 8:00am** (WSP) - Traditional with Rail Communion
  - Bible Study 9:15-10:15am
- **Sunday, 9:00am** (Eagan) - Traditional with Continuous Flow Communion
  - Bible Study 10:15-11:15am
- **Sunday, 10:30am** (WSP) - Blended with Continuous Flow Communion
- **Monday, 6:30pm** (WSP) - Traditional (abbreviated) with Continuous Flow Communion

## Important Dates

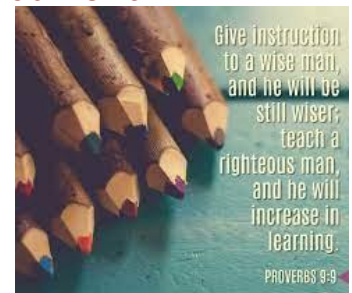
Sept 2	No School
Sept 5	No School/Labor Day
Sept 20	School Pictures
Sept 21	School Pictures Alt Preschool Class
Sept 25	Preschool-8 sing 8 or 10:30 WSP 9:00 EGN
Sept 26-30	NWEA MAP testing
Sept 30	Bus Evac Drill 9:00am

## Our Plans, His Promise

In our hearts we plan our course, but the LORD determines our steps.

Proverbs 16:9

## Good News



## Classroom News

[Preschool Classroom](#)

[Kindergarten Classroom](#)

[1st Grade Classroom](#)

[2nd Grade Classroom](#)

[3rd Grade Classroom](#)

[4th Grade Classroom](#)

[5th Grade Classroom](#)

[6th – 8th Grade Departmentalized](#)

[AD News](#)

[September menu - attached](#)

[Lunch Sign up Google Form – Sept.](#)

<b>Name : September 2022 Crown of Life School Lunch Menu</b>	<b>Options Provided : Hot, Hot Vegetarian, Cold Meals</b>
<b>Age Group : K-12</b>	<b>Meal : Lunch</b>

Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)		Thursday, September 01, 2022	Friday, September 02, 2022
	<b>Who said cooking is for eating?</b>		<b>Walking Taco</b>	<b>NO SCHOOL</b>
Hot Meal	Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?  Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.  - Barb		Nacho Chz Chips, Seasoned Beef w/ Shredded Chz, Cilantro  Assorted Salad Bar  Fruit of the Day	
Hot Veg			<b>Veggie Nuggets w/ Ketchup &amp; Dinner Roll</b>	
Cold	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2		Grilled Chicken & Cheese Bun	

Week VI	Monday, September 05, 2022	Tuesday, September 06, 2022	Wednesday, September 07, 2022	Thursday, September 08, 2022	Friday, September 09, 2022
Hot Meal	<b>NO SCHOOL LABOR DAY</b>	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Sun Chips Assorted Salad Bar Fruit of the Day	<b>Popcorn Chicken &amp; Ranch</b> French Fries & Ketchup Assorted Salad Bar Fruit of the Day	<b>Build Your Own Cheesy Nachos</b> Seasoned Beef w/ Tortilla Chips Warm Cheddar Chz Sauce, Cilantro & Crema Assorted Salad Bar Fruit of the Day	<b>Belgian Waffle</b> Top with Berries, Syrup & Whip Cream Assorted Salad Bar Fruit of the Day
Hot Veg		<b>Garden Cheeseburger</b>	<b>Veggie Nuggets w/ Ketchup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>
Cold		Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Assorted Salad Bar Fruit of the Day	<b>Chicken Alfredo Penne</b> Soft Dinner Roll Assorted Salad Bar Fruit of the Day	<b>Mandarin Orange Chicken</b> Seasoned White Rice Assorted Salad Bar Fruit of the Day	<b>Build Your Own Burrito Wrap</b> Tortilla, Taco Meat, Lime Cilantro Rice Sour Cream Assorted Salad Bar Fruit of the Day	<b>Pizza Crunchers &amp; Marinara</b> Assorted Salad Bar Fruit of the Day
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Smothered Garden Patty w/ WG Roll</b>	<b>Quesadilla</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Stuffed Breadsticks w/ Sauce</b>
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	<b>"New" BBQ Joe Sandwich</b> Cheetos Assorted Salad Bar Fruit of the Day	<b>"New" Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken, Cilantro & Crema Assorted Salad Bar Fruit of the Day	<b>All Beef Hamburger</b> Bun, Juicy Burger & Ketchup French Fries Assorted Salad Bar Fruit of the Day	<b>Sweet &amp; Sour Chicken</b> Steamed White Rice Assorted Salad Bar Fruit of the Day	<b>Brunch Lunch</b> Buttermilk Pancakes, Berries, Syrup & Margarine Assorted Salad Bar Fruit of the Day
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese &amp; Wg Roll</b>	<b>Veggie Lasagna Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/ Scrambled Eggs</b>	<b>Egg Fried Rice</b>
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	<b>Beef Soft Shell Tacos</b> Flour Tortilla's, Taco Beef, Shred Cheese Crema Assorted Salad Bar Fruit of the Day	<b>Baked Cheesy Lasagna w/Red Sauce</b> Garlic Roll Assorted Salad Bar Fruit of the Day	<b>Orange Chicken Bowl</b> Steamed White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day	<b>French Bread Pizza</b> Assorted Salad Bar Fruit of the Day Lemon Blueberry Crisps
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Grilled Cheese Sandwich</b>	<b>Veggie Lasagna Roll</b>	<b>Stuffed Breadsticks w/ Sauce</b>
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

\*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

<b>Homemade Silly Putty - Recipe</b>	
<b>Ingredients</b>  * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring	<b>Steps :</b>  1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.

**October 2022 Menu (Subject to Change)**

Week IV	Monday, October 03, 2022	Tuesday, October 04, 2022	Wednesday, October 05, 2022	Thursday, October 06, 2022	Friday, October 07, 2022
	<b>Sheet Pan Chicken w/Veggies</b>	<b>Brunch Lunch</b>	<b>Spaghetti w/ Sauce</b>	<b>Crispy Chicken Patty Sandwich</b>	<b>Creamy Homemade Mac &amp; Cheese</b>
Hot Meal	Dinner Roll	French Toast Sticks, Berries & Syrup	Garlic Roll	Bakery Bun & Mayo	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	French Fries & Ketchup	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Assorted Salad Bar	Elf Grahams
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Pizza Crunchers w/ Sauce	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	
	<b>Mozzarella Burger</b>	<b>Sesame Chicken</b>	<b>Chicken Tenders</b>	
Hot Meal	WG Bakery Bun & Ketchup	Steamed White Rice	Ketchup	
	Cool Ranch Doritos	Assorted Salad Bar	Sun Chips	
	Assorted Salad Bar	Fruit of the Day	Assorted Salad Bar	
	Fruit of the Day		Fruit of the Day	
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Bites w/ Italian Dip	
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	

\* Skim and 1% milk choices offered daily.  
 \* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
 \* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.