

# Raider Review 11.10.2022



Crown of Life Lutheran School      Justin W. Vilski, Principal  
115 Crusader Ave. | West St. Paul MN 55118  
651.451.3832 | [www.colwsp.org](http://www.colwsp.org) | [schooloffice@colwsp.org](mailto:schooloffice@colwsp.org)

**Parent Teacher Conferences TODAY – Please be on time for your appointment and have your questions ready. There is NO SCHOOL tomorrow. Enjoy your long weekend!**

Chris Arndt has returned our Call for 7<sup>th</sup> grade next year. We will have another Call meeting soon.



**Scholastic Book Fair**  
**Nov 10: 8am-8pm**  
**Nov 13: 7:30am-12:30pm**

Book Fair Options: In Person Shopping, Book Fair eWallet, Online Book Fair

**Food Drive:** The 7th grade will lead a COL Food Drive to start soon and run through Christmas. Details will be coming soon.

**Mark Your Calendars!** All of the items ordered from our Club's Choice fundraiser that are being shipped to school will be delivered on **Tuesday, December 6**. We will distribute these items during the carline at the end of the school day. Due to limited space in our freezers, we are unable to hold items past that day. Please make arrangements to have all items picked up. If you have any questions, please email Alison Footh ([alisonfooth@gmail.com](mailto:alisonfooth@gmail.com)). Thank you for supporting our Club's Choice fundraiser!

## Volunteers Needed for Advent Meals

The fellowship committee is looking for help with advent meals. Meals are served following the 4:00pm service.

Fellowship will provide all of the food and instructions on how to cook the meals and set up. Volunteers simply need to show up and help. Sign up here: <https://tinyurl.com/COLadvent> If you have any questions, please email [fellowship@colwsp.com](mailto:fellowship@colwsp.com).

11/30 Chicken Hotdish  
12/7 Spaghetti - PTN  
12/14 Hot dogs

**Thanksgiving Break** – Wednesday, November 23, Early Dismissal @11:30am  
NO SCHOOL on Thursday and Friday

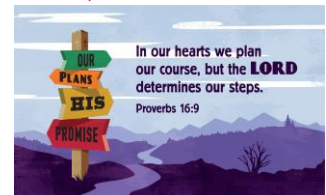
## Childrens' Christmas Services –

**Preschool Service** - Wednesday, December 14, 4:00pm  
**K-8 Service** – Sunday, December 18 – 8:00 & 10:30am services

## Important Dates

Nov 10	Book Fair 8am-8pm Veterans Day Chapel Early Dismissal 11:30am Parent Teacher Conf 12:15-8pm
Nov 11	No School
Nov 13	Book Fair
Nov 16	PTN Mtg @Fooths 6pm
Nov 23	No Bus Service Early Dismissal 11:30am
Nov 24/25	No School Thanksgiving Break
Nov 30	Gr K-2 sing 4pm

## Our Plans, His Promise



## 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](#)  
[Athletic News](#)  
Nov menu – attached  
[Lunch Sign up Google Form – Nov.](#)

<b>Name: November 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 II	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal	<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken Cilantro, Crema, Corn & Black Bean Salsa Assorted Salad Bar Fruit of the Day	<b>Brunch Lunch</b> Buttermilk Pancakes, Berries, Syrup & Margarine Cheesy Breakfast Tots & Ketchup Assorted Salad Bar Fruit of the Day	<b>Sweet &amp; Sour Chicken</b> Steamed White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day	<b>Grilled Cheese Sandwich</b> Assorted Salad Bar Sun Chips Fruit of the Day
Hot Veg	<b>Creamy Mac &amp; Cheese &amp; Elf Grahams</b>	<b>Veggie Lasagna Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Egg Fried Rice</b>
Cold	<b>Honey Mustard Grilled Chicken Bun</b>	<b>Turkey on Ciabatta Roll w/Mayo</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	<b>Ham &amp; Proulone on WW Bread</b>

Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	<b>Beef Soft Shell Taco</b> Flour Tortilla, Shred Lettuce & Cheese Crema Assorted Salad Bar Fruit of the Day	<b>Baked Cheesy Lasagna w/Red Sauce</b> Dinner Roll Assorted Salad Bar Fruit of the Day	<b>EARLY DISMISSAL</b> <b>NO LUNCH SERVED</b>	<b>NO SCHOOL</b>
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Grilled Cheese Sandwich</b>		
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/Mayo</b>	<b>Honey Mustard Grilled Chicken Bun</b>	<b>Turkey on Ciabatta Roll w/Mayo</b>		

Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	<b>Sheet Pan Chicken w/Veggies</b> Dinner Roll Assorted Salad Bar Fruit of the Day	<b>Brunch Lunch</b> French Toast Sticks, Berries & Syrup Assorted Salad Bar Fruit of the Day	<b>Spaghetti &amp; Sauce</b> Garlic Roll Assorted Salad Bar Fruit of the Day	<b>Breaded Chicken Sandwich</b> French Fries w/Ketchup Assorted Salad Bar Fruit of the Day	<b>Creamy Homemade Mac &amp; Cheese</b> Dinner Roll Assorted Salad Bar Fruit of the Day Elf Grahams
Hot Veg	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Pizza Crunchers w/ Sauce</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Grilled Cheese Sandwich</b>
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/Mayo</b>	<b>Honey Mustard Grilled Chicken Bun</b>	<b>Turkey on Ciabatta Roll w/Mayo</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	<b>Ham &amp; Proulone on WW Bread</b>

Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Hot Meal	<b>Chicken Fritter w/ Ranch</b> French Fries w/Ketchup Assorted Salad Bar Fruit of the Day	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	<b>EARLY DISMISSAL</b> <b>NO LUNCH SERVED</b>	<b>HAPPY THANKSGIVING!</b> <b>NO SCHOOL</b>	<b>NO SCHOOL</b>
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Lasagna Roll</b>			
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/Mayo</b>	<b>Honey Mustard Grilled Chicken Bun</b>			

Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	<b>Popcorn Chicken</b> Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Sun Chips Assorted Salad Bar Fruit of the Day	<b>Golden Corn Dog w/ Ketchup</b> French Fries & Ketchup Assorted Salad Bar Fruit of the Day	<b>Connecting to Roots through Food</b>  The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Garden Cheeseburger</b>	<b>Veggie Nuggets w/ Ketchup</b>		
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/Mayo</b>	<b>Honey Mustard Grilled Chicken Bun</b>	<b>Turkey on Ciabatta Roll w/Mayo</b>	<b>Jason's 'Shoofly Pie Recipe' is on Page 2</b>	

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