

Raider Review 11.18.2022



Crown of Life Lutheran School Justin W. Vilski, Principal
115 Crusader Ave. | West St. Paul MN 55118
651.451.3832 | www.colwsp.org | schooloffice@colwsp.org

Thanksgiving Break – Wednesday, November 23, Early Dismissal 11:30am

No bus, no lunch, No ASC

NO SCHOOL on Thursday and Friday

Children's Christmas Services –

Preschool Service - Wednesday, December 14, 4:00pm

K-8 Service – Sunday, December 18 – 8:00 & 10:30am services

Chris Arndt has returned our Call to teach 7th grade. The next Call meeting is Wednesday, November 30, 5:30pm in the sanctuary at WSP.

Crown of Life Bowling Day – TOMORROW - 3-5 pm

Join us for fellowship and bowling!

Concord Lanes 365 Concord Exchange N, South St Paul, MN 55075

\$15.00 per person. Sign up here: tinyurl.com/colbowling or call Kayla Johnson at 920-973-4265.

Open Gym Grades 3-5, TOMORROW from 2-3:30pm at the COL gym. This is an opportunity for families to interact with indoor physical activity. A parent is expected to remain present with their child(ren) the entire time they are on site. All are required to wear indoor-only athletic shoes (or socks) while participating. Sports equipment (foam balls / basketballs / etc.) will be provided.

Food Drive - The seventh grade is again leading our COL school family in a Food Drive for *Neighbors, Inc.*, an organization that serves thousands of families in Dakota County.

We have set the goal of 1,000 lbs of nonperishable food and other needed items by Christmas. Bring your donations to your child's classroom OR deposit it in the collection area at the top of the stairs in the corner by the gym windows near the 7th grade room.

The director at *Neighbors* said they have a particular need for **laundry detergent pods (they split them up individually for families), diapers (sizes 4-5), paper products (kleenex and paper towels), and hygiene products.** Nonperishable food items are also welcome.

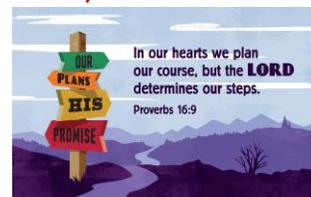
We will have a "thermometer" to show the progress as we try to reach our goal. Thank you for your support.

Advent Study Hall - PTN will offer a study hall every Wednesday during Advent for the families attending the 4:00pm Advent service. The dates are November 30, December 7 and December 14, from 3:10 - 3:50pm. This is different from After School Care, which is still offered as usual. The Advent study hall is free of charge, held in the Fellowship Hall, and supervised by PTN members. We will send out a Google form for you to sign up your child. Please pick up your child from the Fellowship Hall by 3:50pm. If you have any questions, please email Alison Footh (alisonfooth@gmail.com).

Important Dates

Nov 23	No Bus Service Early Dismissal 11:30am
Nov 24/25	No School - Thanksgiving Break
Nov 30	Gr K-2 sing 4pm WSP
Dec 2	Crusader for a Day
Dec 6	Club's Choice delivery
Dec 7	Gr 3-4 sing 4pm WSP
Dec 14	Preschool Christmas Service, 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.](#)

Dec menu – attached

[Lunch Sign up Google form – Dec.](#)

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. Thanks to your support, Crown of Life raised over \$4000 for our school! If you have any questions, please email Alison Footh (alisonfooth@gmail.com).

Volunteers Needed for Advent Meals

Crown of Life is looking for help with advent meals. Meals are served following the 4:00pm service. The Fellowship Committee 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.

11/30 Chicken Hotdish

12/7 Spaghetti - PTN

12/14 Hot dogs

From the Principal's Office- 11/18/2022

The leaves are all gone. The snow has fallen. Single digits have been reached on the thermometers. For the second year in a row I failed to bring in two hoses early enough, and now I will have to buy two new hoses in the spring. The weather has changed. The seasons have changed (don't bother telling Winter that it isn't supposed to come until after December 20th.)

No longer are our students outside practicing soccer and running around the block for cross country. Now, the students practice basketball- so much basketball. Families' schedules have now changed to make sure our Friday nights are open to watch our basketball players and our cheerleaders. Our Saturday plans have changed. Instead of taking a two hour stroll outside in beautiful weather, we go to gymnasiums for one-to-two day tournaments that smell of popcorn, athletic shoes, and sweat.

Praise be to the Lord that He doesn't change. The Bible reminds us in James 1:17 that our Savior showers perfect gifts down on us and HE DOES NOT CHANGE. He is love. He is grace. He is peace, He is almighty. He is forgiveness.

May we find comfort and calm in the One who does not change; the One who loves us without end.

Name: November 2022 Crown of Life School Lunch Menu	Options Provided: Hot, Hot Vegetarian, Cold Meals
Age Group: K-12	Meal: Lunch

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

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

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

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

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	Popcorn Chicken	Cheeseburger	Golden Corn Dog w/ Ketchup	Connecting to Roots through Food	
	Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	Fresh Bakery Bun & Ketchup Sun Chips Assorted Salad Bar Fruit of the Day	French Fries & Ketchup Assorted Salad Bar Fruit of the Day	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	
	Pizza Crunchers & Italian Dip	Garden Cheeseburger	Veggie Nuggets w/ Ketchup		
Hot Veg					
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Jason's 'Shoofly Pie Recipe' is on Page 2	

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

Name : December 2022 Crown of Life School Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals			
Age Group : K-12		Meal : Lunch			
Week VI	Chef Spotlight - Justin Kilmer, Warehouse Manager Festive Vibes & Food I started getting more interested in trying and making food around the age of 12. I have always been very recipe oriented when it comes to cooking. Food magazines like Taste of Home or Gourmet, as well as cookbooks were very helpful in providing inspiration and useful information to me. Although I have many favorite recipes, I decided to share a simple yet satisfying vegetable side I've made numerous times for Thanksgiving or Christmas meals. The holidays are all about food and family! - Justin			Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal				Build Your Own Cheesy Nachos Seasoned Beef w/ Tortilla Chips Warm Cheddar Chz Sauce, Jalapenos, Cilantro & Crema Assorted Salad Bar Fruit of the Day	Waffle Berries, Syrup & Whip Cream Assorted Salad Bar Fruit of the Day
Hot Veg				Warm Cheesy Nachos	Cheese Quesadilla
Cold	Justin Kilmer's 'Roasted Maple - Ginger Root Vegetables' is on Page 2			Grilled Chicken & Cheese Bun	Ham & Proulone on WW Bread
Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	Chicken Alfredo Penne Dinner Roll Assorted Salad Bar Fruit of the Day	Mandarin Orange Chicken Seasoned White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day Fortune Cookie	Build Your Own Burrito Wrap Seasoned Beef, Cilantro Rice Flour Tortilla, Sour Cream, Hot Sauce Corn Bean Salsa & Assorted Salad Bar Fruit of the Day	Pizza Crunchers & Marinara Assorted Salad Bar Fruit of the Day
Hot Veg	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Roll	Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/ Mayo	Grilled Chicken & Cheese Bun	Ham & Proulone on WW Bread
Week II	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
Hot Meal	Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken Cilantro, Crema, Corn & Black Bean Salsa Assorted Salad Bar Fruit of the Day	BBQ Joe Sandwich Cheetos Assorted Salad Bar Fruit of the Day	Brunch Lunch Buttermilk Pancakes, Berries, Syrup & Meararine Cheesy Breakfast Tots & Ketchup Assorted Salad Bar Fruit of the Day	Sweet & Sour Chicken Steamed White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day	Grilled Cheese Sandwich Assorted Salad Bar Sun Chips Fruit of the Day
Hot Veg	Creamy Mac & Cheese & Elf Grahams	BBQ Garden Burger	Veggie Lasagna Roll	Buttermilk Pancakes & Syrup w/ Scrambled Eggs	Egg Fried Rice
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Elf Grahams	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/ Mayo	Grilled Chicken & Cheese Bun	Ham & Proulone on WW Bread
Week III	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL
Week IV	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL
*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.					

* 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.