

# Raider Review 9.15.2023

Crown of Life Lutheran School

Justin W. Vilski, Principal

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- **School Pictures Tuesday, September 19 (and Sept 20 for alternate Preschool students or anyone absent on Tuesday).**

## Church Picnic Thank You!

The fellowship committee extends a huge thank you to everyone who helped with the church picnic. We could not have pulled it off without you.

**Band lessons begin on Monday, September 18.** Students should remember to bring their instruments to school every Monday.

**School Pictures** will be taken on Tuesday, September 19 and Wednesday, September 20 (for the alternate Preschool class). Information will be coming soon regarding ordering your photos online from our photographer, Cahill Photography. See the attached flyer from Cahill for complete information. *There are also a limited number of paper pre-order flyers in the office for those who would like one.*

**Partner Church Singing Opportunity September 24** – Preschool - 8th grade students have the opportunity to sing at our partner church, Christ the Lord in Cottage Grove, on Sunday, Sept 24, at their 10:00am service. They will be singing the song, "Rejoice", that we have recently sung in Chapel and in our church services. Families are responsible for their own transportation to and from Christ the Lord that morning. More details will follow. Click [here](#) to sign up.

**Teacher and Staff email addresses** can be found on the website under **Staff Directory** at the bottom of the homepage. Generally the formula is Firstname.lastname@colwsp.org.

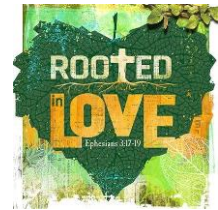
**Mornings with Me** – We offer a free play group every 3<sup>rd</sup> Wednesday of the month, in our school gym. This is for ages birth to 5 years old, from 8:00 – 9:30am. Caregivers are required to stay with children.

**Coffee & Chapel** – In the past we have had a fellowship time for parents on the morning of Chapel, once a month. This featured coffee and treats served before Chapel, and parents invited to stay and attend Chapel as well. We'd like to revive this and are looking for one or more parents that would like to take this on. If you're interested, contact April in the office for more information. Thank you!

## Important Dates

Sept 19/20	School pictures
Sept 20	Morning w/ Me 8-9:30am
Sept 24	Partner church singing opportunity @ Christ the Lord in Cottage Grove
Sept 25-29	NWEA MAP Testing
Sept 29	Bus Evacuation Drill

## Rooted in Love



## Good News



## Classroom News

[Preschool Classroom](#)

[Kindergarten Classroom](#)

[1<sup>st</sup> Grade Classroom](#)

[2<sup>nd</sup> Grade Classroom](#)

[3<sup>rd</sup> Grade Classroom](#)

[4<sup>th</sup> Grade Classroom](#)

[5<sup>th</sup> Grade Classroom](#)

[6<sup>th</sup> – 8<sup>th</sup> Grade Departmentalized](#)

[Athletic News](#)

Sept menu – attached

[Lunch Signup Google Form Sept](#)

October menu – attached

[Lunch Signup Google Form Oct](#)

Menu Name : September 2023 Crown of Life Lutheran School Lunch Menu

Grade Level / Age Group : PreK-8 Grades

Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads

Meal: Lunch

Hot Meal	Chef Spotlight		Friday, September 1, 2023	Week III
	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER		NO SCHOOL	
	Chicken Salad Sandwich			
	One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph			
Hot Veg				
Cold				

Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
	NO SCHOOL	<b>Korean BBQ Meatballs</b>	<b>French Toast Sticks w/Syrup</b>	<b>CKC Chicken Gyro</b>	<b>Homemade Bacon Mac &amp; Cheese</b>	
		Steamed White Rice	Turkey Sausage Patties (2)	Greek Pita, Grilled Chicken	Dinner Roll	
		Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
		Daily Fruit	Daily Fruit	Daily Fruit	Daily Fruit	
Hot Veg		<b>Egg Fried Rice</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelete</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Grilled Cheese Sandwich</b>	
Cold		Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Week V
	<b>Crunchy Tender Fritter Wrap</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<b>Chicken Tikka Drumstick</b>	<b>SouthWest Chx Empanada Hot Pocket</b>	
	Flour Tortilla, Chicken Tenders	Steamed Seasoned White Rice	Nacho Cheese Doritos, Seasoned Beef	Tater Tots & Ketchup	Assorted Salad Bar	
	Shred Cheese, Boom Sauce	Assorted Salad Bar	Shredded Cheese & Crema	Assorted Salad Bar	Daily Fruit	
	Assorted Salad Bar	Daily Fruit	Assorted Salad Bar	Daily Fruit		
	Daily Fruit		Daily Fruit			
Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Nachos</b>	<b>Egg Fried Rice</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelete</b>	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
	<b>Premium Chicken Nuggets</b>	<b>Swedish Meatballs (Homemade Gravy)</b>	<b>Frito Enchilada Nachos</b>	<b>Butter Chicken</b>	<b>Brunch Lunch</b>	
	Ketchup	Mashed Potatoes	Top your Corn Chips w/Enchilada Chicken, Shredded Cheese & Sour Cream	Steamed Seasoned White Rice	Buttermilk Pancakes, Margarine & Syrup	
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Fruited Yogurt Cup	
	Assorted Salad Bar	Daily Fruit	Daily Fruit	Daily Fruit	Assorted Salad Bar	
	Daily Fruit		Daily Fruit		Daily Fruit	
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Quesadilla</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Bean &amp; Cheese Burrito</b>	<b>French Bread Pizza</b>	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	<b>Mac &amp; Cheetos</b>	<b>Bengali Chicken &amp; Potato Kathi Roll</b>	<b>All Beef Hot Dog</b>	<b>Sesame Chicken</b>	<b>Twisted Cheesy Breadsticks</b>	
	Cheetos in the Mac or on the Side?? You decide :)	Flour Tortilla, Chicken & Potato Filling	WG Bun, Ketchup	Steamed White Rice & Soy Sauce	Cold Italian Dip	
	Assorted Salad Bar	Bengali Sauce	French Fries	Assorted Salad Bar	Assorted Salad Bar	
	Daily Fruit	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit	Daily Fruit	
		Daily Fruit	Daily Fruit			
Hot Veg	<b>Cheese Calzone</b>	<b>Stuffed Dipping Bites w/Sauce</b>	<b>Veggie Burrito</b>	<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelete</b>	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

(Vegetarian choices come with eggs & cheese in the place of meat)	<b>Grilled Chicken Caesar Salad</b>	<b>Grilled Chicken Asian Salad</b>	<b>Grilled Chicken SW Taco Salad</b>	<b>Classic Chef Salad</b>	<b>Quinoa Power Bowl Salad</b>	Deli Salads
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.	

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

\*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)



Menu Name : Priv Crown of Life Lutheran School Lunch Menu

Options Provided : Hot, Hot Vegetarian, Cold Meals &amp; Deli Salads

Grade Level / Age Group : PreK-8 Grades

Meal Pattern : NSLP

Meal: Lunch

## October - 2023

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	<b>Old Fashioned Cheeseburger w/Tator Tots</b>	<b>Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>	<b>Mandarin Orange Chicken</b>	<b>Turkey Pepperoni Pizza Calzone</b>	Week II
	Ketchup & Pickles	w/Momo Sauce	Seasoned Rice, Taco Meat	Steamed White Rice & Soy Sauce	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Shred Cheese & Youza Sauce	Assorted Salad Bar	Vanilla Wafers	
	Daily Fruit	Daily Fruit	Assorted Salad Bar	Daily Fruit	Daily Fruit	
Hot Veg	<b>Bean &amp; Cheese Burrito</b>	<b>Pizza Crunchers</b>	<b>Cheesy Pull Aparts</b>	<b>Grilled Cheese Sandwich</b>	<b>French Pizza Bread</b>	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	<b>Chicken Tenders &amp; Dip</b>	<b>CKC Sweet &amp; Sour Meatballs</b>	<b>Smoky Texas Chicken Drumstick</b>	<b>Golden Corn Dog</b>	<b>Garlic Dusted French Bread Pizza</b>	Week III
	French Fries & Ketchup	Steamed White Rice	Corn Muffin	Ketchup	Italian Dip	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Cool Ranch Doritos	Assorted Salad Bar	
	Daily Fruit	Daily Fruit	Daily Fruit	Assorted Salad Bar	Daily Fruit	
Hot Veg	<b>Veggie Hot Pocket &amp; Sauce</b>	<b>Dipping Bites w/ Sauce</b>	<b>Veggie Quesadilla</b>	<b>Cheese Nachos</b>	<b>Cheesy Pull Aparts</b>	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	<b>Chicken Patty Sandwich w/Cheese</b>	<b>Korean BBQ Meatballs</b>				Week IV
	Bakery Bun & Ketchup	Steamed White Rice				
	Cheetos	Assorted Salad Bar	EARLY DISMISSAL	NO SCHOOL	NO SCHOOL	
	Assorted Salad Bar	Daily Fruit	NO LUNCH SERVED	TEACHERS' CONFERENCE	TEACHERS' CONFERENCE	
Hot Veg	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Egg Fried Rice</b>				
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun				

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	<b>Crunchy Tender Fritter Wrap</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<b>Chicken Tikka Drumstick</b>	<b>SouthWest Chx Empanada Hot Pocket</b>	Week V
	Flour Tortilla, Chicken Tenders	Steamed Seasoned White Rice	Nacho Cheese Doritos, Seasoned Beef	Tater Tots & Ketchup	Assorted Salad Bar	
	Shred Cheese, Boom Sauce	Assorted Salad Bar	Shredded Cheese & Crema	Assorted Salad Bar	Daily Fruit	
	Assorted Salad Bar	Daily Fruit	Assorted Salad Bar	Daily Fruit		
Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Nachos</b>	<b>Egg Fried Rice</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colbv Cheese Omelet</b>	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		Week VI
	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Dave Kayoum – Director of Business Development Tuna & Peas on Buttered Saltines		
	Ketchup	Mashed Potatoes	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>		
	Cool Ranch Doritos	Assorted Salad Bar			
	Assorted Salad Bar	Daily Fruit			
	Daily Fruit				
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla			
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Tuna & Peas on Buttered Saltines recipe is on Page 2		

	Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, October 31, 2023	Thursday, October 31, 2023	Friday, October 31, 2023	
(Vegetarian choices come with eggs & cheese in the place of meat)	<b>Grilled Chicken Caesar Salad</b>	<b>Grilled Chicken Asian Salad</b>	<b>Grilled Chicken SW Taco Salad</b>	<b>Classic Chef Salad</b>	<b>Quinoa Power Bowl Salad</b>	Deli Salads
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.	

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