

Raider Review 9.8.2023

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).**

Worship...and a Picnic!

Please join us for worship this week (wrapping up a series on Prayer Challenges) and then stay for the Church Picnic on Sunday, starting at 11:45am! What a great start to the week! We can thank, praise and learn in worship - then get even more connected as God's people. We look forward to seeing you all there!

Church Picnic September 10 - Volunteers Needed

Crown of Life is looking for help with the Church Picnic on September 9 and 10. Please sign up here tinyurl.com/COLPicnic or call the church office. **If attending, please bring a dessert to share, thank you!**

Sunday School Starts this Sunday!

This Sunday at the West St. Paul campus, we kick off another year of Sunday School (PreK-5th Grade, **9:15-10:15**). Kids can meet in the **Fireside Room** (room behind the stained glass) to sing some fun songs and watch a lesson video. Then kids break out into classrooms for lesson discussion, games, and crafts. Let us know you're interested [at this link!](#)

Sports Pictures will be taken on Wednesday, September 13 at 1:45pm. Please make sure your athletes have their uniforms and all needed items with them.

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.

Themed T-shirts: All students should have received a red COL t-shirt with this year's theme on it. If your student did not receive a t-shirt, or you are interested in swapping a size (we have limited sizes available) please contact Alison Footh (alisonfooth@gmail.com).

Hot Lunch Program – Our school lunches are provided daily by CKC Good Food. Menus are emailed out by the middle of each month via Gradelink, for the next month. Parents are to order their child's lunches via the Google form we sent out. **Orders are due each week by Monday noon, for the following week's meals. Ordering for the entire month is preferred. The cost of lunch is \$4.75; milk only is 75¢. NOTE:** Orders posted after Monday at noon cannot be honored for the upcoming week. CKC sends only the amount of food that we order.

1st Semester Mission News – Hmong Outreach in Vietnam

Please see our Mission bulletin board in the school entryway by the flagpole. Mission offerings are collected every week during Chapel. So far we have collected \$102.09.

Important Dates

Sept 8	Kind. picnic 5:30pm
Sept 10	Church picnic 11:45am
Sept 13	Sports pictures 1:45pm
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

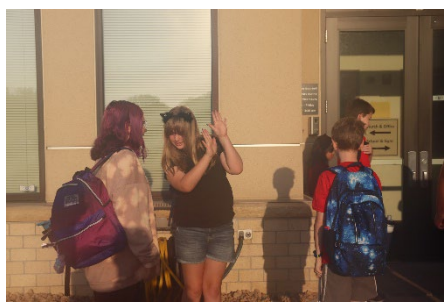
[Preschool Classroom](#)
[Kindergarten Classroom](#)
[1st Grade Classroom](#)
[2nd Grade Classroom](#)
[3rd Grade Classroom](#)
[4th Grade Classroom](#)
[5th Grade Classroom](#)
[6th – 8th Grade Departmentalized](#)
[Athletic News](#)
Sept menu – attached
[Lunch Signup Google Form Sept](#)

Mornings with Me – We offer a free play group every 3rd 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.

From the Principal's Office 9/8/2023

Next week will be the FIRST-REAL-FULL WEEK of school. You may not have noticed, but we have not had a complete week of school yet. I know that the teachers and students are looking forward to all five days next week (pause for laughs and giggles.) Let's be honest – some people are really excited for all five days next week, some are not as excited, and some probably didn't even notice.

I am about 89% excited for our first full week next week. So to cheer myself up, I've attached some wonderful pictures to remind us of all the joy over these past three weeks. Enjoy!



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	Korean BBQ Meatballs	French Toast Sticks w/Syrup	CKC Chicken Gyro	Homemade Bacon Mac & Cheese	
		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		Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich	
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
	Crunchy Tender Fritter Wrap	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick	SouthWest Chx Empanada Hot Pocket	
	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	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	
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
	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Frito Enchilada Nachos	Butter Chicken	Brunch Lunch	
	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	Grilled Cheese Sandwich	Veggie Quesadilla	Veggie Garden Burger & Mayo	Bean & Cheese Burrito	French Bread Pizza	
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
	Mac & Cheetos	Bengali Chicken & Potato Kathi Roll	All Beef Hot Dog	Sesame Chicken	Twisted Cheesy Breadsticks	
	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	Cheese Calzone	Stuffed Dipping Bites w/Sauce	Veggie Burrito	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	
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)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad	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)