

Raider Review 9.22.2023

Crown of Life Lutheran School Justin W. Vilski, Principal
115 Crusader Ave. | West St. Paul MN 55118
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- **Singing at Christ the Lord this Sunday** – If your child signed up to sing this Sunday, please meet at Christ the Lord by 9:45am in their entryway. Thank you to all families who are participating!

NWEA MAP Testing next week for Grade 1-8 – Please make sure your child eats nutritious meals and is well rested so they can do their best. Please also avoid appointments and absences for your child as much as possible.

SCLA Homecoming – Everyone is invited to the Crusader Homecoming football game at SCLA on **Friday, September 29** at 7:00 p.m. vs. Breck. **Kick, Pass & Spike winners in grades 5-8** from our school will compete during halftime. Activities for PreSchool-4th grade students will be available on the back field.

Preschool has started an Instagram account! Please follow us!



Education Sunday October 15 – All students Preschool – grade 8 will sing. Families will sign up for which service they would like to participate in – 8:00am or 10:30am @WSP, or 9:00am @EGN. Our worship services will also feature a special emphasis on Christian education.

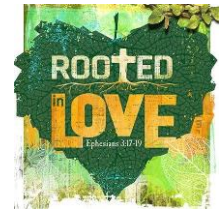
Lego Club will begin in October. The date is not yet decided, so watch for that update to be sent out.

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.

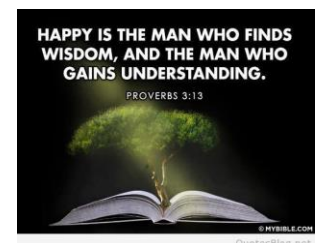
Important Dates

Sept 24	Partner church singing opportunity @ Christ the Lord in Cottage Grove
Sept 25-29	NWEA MAP Testing
Sept 29	Bus Evacuation Drill
Oct 3	Lego Club 3:15
Oct 3	K-4 to SCL Childrens' Theatre
Oct 15	Education Sunday – all students sing
Oct 18	Mornings with Me Early Dismissal @11:30am
Oct 19-20	No School – MN District Teachers' Conference

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](#)

October menu – attached

[Lunch Signup Google Form Out](#)

Menu Name : Priv Crown of Life Lutheran School Lunch Menu	Options Provided : Hot, Hot Vegetarian, Cold Meals & 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	Old Fashioned Cheeseburger w/Tator Tots	Asian Chicken Dumplings	Beef Burrito Bowl	Mandarin Orange Chicken	Turkey Pepperoni Pizza Calzone
	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
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	Grilled Cheese Sandwich	French Pizza Bread
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	Chicken Tenders & Dip	CKC Sweet & Sour Meatballs	Smoky Texas Chicken Drumstick	Golden Corn Dog	Garlic Dusted French Bread Pizza
	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
Hot Veg	Veggie Hot Pocket & Sauce	Dipping Bites w/ Sauce	Veggie Quesadilla	Cheese Nachos	Cheesy Pull Aparts
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	Chicken Patty Sandwich w/Cheese	Korean BBQ Meatballs			
	Bakery Bun & Ketchup	Steamed White Rice	EARLY DISMISSAL	NO SCHOOL	NO SCHOOL
	Cheetos	Assorted Salad Bar	NO LUNCH SERVED	TEACHERS' CONFERENCE	TEACHERS' CONFERENCE
Hot Veg	Veggie Garden Burger & Mayo	Egg Fried Rice			
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	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
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colbv Cheese Omelet
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		
Hot Meal	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Dave Kayoum - Director of Business Development		
	Ketchup	Mashed Potatoes	<i>Tuna & Peas on Buttered Saltines</i>		
	Cool Ranch Doritos	Assorted Salad Bar	<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>		
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun			

	Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, October 31, 2023	Thursday, October 31, 2023	Friday, October 31, 2023
Hot Meal	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad
	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)