

BENTON COUNTY R-II SCHOOL NEWSLETTER

Web address: www.lincoln.k12.mo.us

Elementary Phone No: 660-547-2222

High School Phone No: 660-547-3514

September 29- October 1, 2022

Note: There have been a few game changes – be sure to check the calendar on the website.

- SATURDAY – Sept. 24**9 a.m. – Varsity Volleyball Invitational Tournament @ Knob Noster
- MONDAY – Sept. 26**Spirit Week: The Breakfast Club (PJ Day)
.....5 p.m. – JV Football vs Adrian – Home
.....5:30 p.m. – Jr. High/JV/Varsity Volleyball vs Green Ridge - Home
- TUESDAY – Sept. 27**Spirit Week: Moana (Hawaiian)
.....5:30 p.m. – Jr. High/JV/Varsity Volleyball @ Cole Camp
- WEDNESDAY – Sept. 28**Spirit Week: The Sandlot (Jersey/Sports gear)
.....**School Picture Day**
- THURSDAY - Sept. 29**Spirit Week: That 70s Show (Hippie clothes)
.....8:05 a.m. – Sportsmate pictures
.....5:30 p.m. – Jr. High/JV/Varsity Volleyball vs LaMonte - Home
- FRIDAY - Sept. 30**Spirit Week: Friday Night Lights (Spirit Day – wear red, white, black)
.....7 p.m. – Varsity Football vs Slater - Homecoming
- SATURDAY – Oct. 1**JV Green Ridge Invitational Volleyball Tournament



BREAKFAST and LUNCH MENUS for Elementary Students

Breakfast served with milk and fruit juice.

Lunch has 2 choices of entrees or a choice of a salad menu. All meals served with milk and fresh fruit.

- MONDAY**
Sept. 26
- BREAKFAST:** Breakfast pizza or Cereal w/cheese stick - orange
LUNCH: (1) Mozzarella dunkers – steamed broccoli, cinnamon apples
(2) Crispy wrap
(3) Big mac salad w/cornbread
- TUESDAY**
Sept. 27
- BREAKFAST:** Egg & cheese breakfast sandwich or Cereal w/cinnamon toast – fresh melon
LUNCH: (1) Hot dog on bun – oven fries, mandarin oranges
(2) Italian sub
(3) BLTE salad w/blueberry fruit muffin
- WEDNESDAY**
Sept. 28
- BREAKFAST:** Cinnamon roll or Cereal w/muffin squares - grapes
LUNCH: (1) Chicken patty w/hot roll - mashed potatoes w/gravy, green beans, pineapple
(2) Ham & cheese sandwich
(3) Watermelon salad w/hot roll
- THURSDAY**
Sept. 29
- BREAKFAST:** Tots n egg casserole w/toast or Cereal w/toast – banana
LUNCH: (1) Beef burrito – BBQ bacon beans, pears
(2) Nacho munchable
(3) Caesar salad w/Italian bread
- FRIDAY**
Sept. 30
- BREAKFAST:** Biscuits & sausage gravy or Cereal w/yogurt - strawberries
LUNCH: (1) Sloppy joe – glazed carrots, tropical fruit
(2) Peanut butter & jelly w/cheese stick
(3) Popcorn chicken salad w/pineapple fruit muffin