

The DAILY BULLETIN

THURSDAY · OCTOBER 3, 2013

Today in History



St. Francis of Assisi, founder of the Franciscan order, died in 1226. St. Francis of Assisi was an Italian Catholic friar and preacher. He founded the men's Order of Friars Minor, the women's Order of St. Clare, and the Third Order of Saint Francis for men and women not able to live the lives of itinerant preachers followed by the early members of the Order of Friars Minor or the monastic lives of the Poor Clares. Though he was never ordained to the Catholic priesthood, Francis is one of the most venerated religious figures in history.

Upcoming ACT Information

WHERE: MSD Seminar Room
WHEN: Thursday, October 24th 8-12
WHO: Seniors Planning to Attend College
HOW: Register at www.act.org by 9/27
WHY: This test is needed to apply and be accepted to college.

Let's get prepared!

NUTRITION TIP OF THE DAY

Increase your veggie intake. Here are some ideas:

1. Double the vegetables prepared for dinner and use leftovers for your meal the next day.
2. Stock leftover asparagus or peas with sliced turkey and cheese in a pita.
3. Stock up on frozen or canned vegetables for quick additional meals.

Period 5 Today: Auditorium

PLEASE CHECK IN WITH YOUR PERIOD 5 ENRICHMENT TEACHER AND THEN AS A CLASS GO TO THE AUDITORIUM ACCOMPANIED BY YOUR TEACHER. SBG WILL PRESENT TO US THE PLAN FOR SPIRIT WEEK AND HOMECOMING KICKOFF.

"QUOTE OF THE DAY..."

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.
 -ST. FRANCIS OF ASSISI

WEAR PINK THIS FRIDAY

October is Breast Cancer Awareness Month.

Show your support by wearing jeans and something pink this Friday, October 4th.

Teachers can donate \$5 to the American Cancer Society and wear jeans to school.

Thank you Della Hager for coordinating and sponsoring this charity fundraiser every year.



Academic Bowl Trivia

The classical design of acoustic guitars as we know them today was created in the 19th century in what country?

THE MENU

Lunch

MEXICAN TORTILLA SOUP
 BUFFALO WINGS
 PB & J UNCRUSTABLE
 RED BEANS & BROWN RICE
 ROLL/ORANGE WEDGES



Dinner

SOUP OF THE DAY
 POPCORN CHICKEN W/ SAUCES
 TORTILLA CHIPS/CHEESE SAUCE
 STEAMED RICE
 BRUSSEL SPROUTS
 WHOLE WHEAT ROLL
 RICE KRISPIE TREAT

Today's Forecast

HIGH—84°
 LOW—63°

