## The DAILY N BULLETIN

WEDNESDAY • OCTOBER 9, 2013

## Today in History <br> For the first time, the public was admitted



NUTRITION TIP OF THE DAY Start with breakfast:

1. Eat a breakfast that helps you meet your food needs.
2. People who skip breakfast often weigh more.
3. Eating a nutrient-rich breakfast may help you lose weight and keep it off. We care about the whole you. Please don't forget breakfast!

## VOLLEYBALL

Friday October 11th at 6:00 PM Girls Varsity Volleyball HOME against MSSD

FOOTBALL
Saturday October 12th Boys Varsity Football HOME against National Christian Academy

Let's Get Our Game Face On!
to the Washington Monument in 1888. The Washington Monument is an obelisk on the National Mall in Washington, D.C., built to commemorate George Washington, commander-in-chief of the Continental Army and the first American president. The monument, made of marble, granite, and bluestone gneiss, is both the world's tallest stone structure and the world's tallest obelisk, standing 555 feet $51 / 8$ inches ( 169.294 m ) tall. Taller monumental columns exist, but they are neither all stone nor true obelisks.

Period 5 Today: Auditorium

NEW ATTENDANCE INFORMATION: PLEASE STAY WITH YOUR FOURTH PERIOD TEACHER AND THEN AS A CLASS JOIN ME IN THE AUDITORIUM FOR COSTUME JUDGING. I AM LOOKING FORWARD TO SEEING SOME WACKY CLASS COLOR PRIDE TODAY.


## Academic Bowl Trivia

Which planet has the largest moon:
Earth, Jupiter, or Saturn?

## SPIRIT WEEK \& HOMECOMING

## DAILY THEMES:

Wednesday: Wacky Class Color Day
Thursday: Injury Day
Friday: Black and Orange Day

On Friday, please check in with your period one teacher and then as a class join us in the Benson Gym to for our kickoff for Homecoming Weekend!

Let's Show our School Pride! Go MSD Orioles!

## THE MENU

Lunch
CHILI SOUP
CHEESEBURGER/WHOLE WHEAT BUN
CHICKEN SALAD SANDWICH
ROMAINE LETTUCE/TOMATO BAKED FRIES

WATERMELON
818

## Dinner

SOUP OF THE DAY
CHEESE/PEPPERONI/VEGGIE PIZZA
CHICKEN SALAD SANDWICH
LETTUCE \& TOMATO
CHICKEN CAESAR
SOFT TORTILLA FRESH FRUIT

## Today's Forecast

HIGH-66 ${ }^{\circ}$
LOW-50

