



FALCON NEWS

PRINCIPAL, CLAYTON COBB
ASSISTANT PRINCIPAL, KATHERINE SUCKLE



Dear SJS Families,
Welcome to the 2022-23 school year! It was great to see so many faces over the last several days at different school events- those new and returning! As we open our doors for the 71st time for a new school year, we are pleased to welcome over 300 students.

Today, is the feast of the Assumption of the Blessed Virgin Mary, which is normally a holy day of obligation. While it was not, we still celebrated Mass with our pastor, Fr. Matthew Long who blessed the classrooms afterwards. Mass is standard for Friday's at 8:15 AM and we invite you all to attend with us on Friday, August 26th.

I like to invite our students to grow each year in some manner so this year they were invited to do 3 things:

- **SPEAK WORDS OF KINDNESS.** Our words have power. Use it for the God's will and for the good of others.
- **BE BOLD IN VIRTUE.** It is not always easy to do the right thing BUT it is rewarding for everyone when we do. Imagine the school we will have if our students step up to do so.
- **PRAY FOR YOUR SCHOOL & FAMILY EVERYDAY.** Let us speak to the heart of God for all of our needs- health, protection, wisdom, knowledge, and peace.

Have an amazing week! St. Joseph, pray for us.



Upcoming Events!

Tuesday, 8/16

- Staggered Schedule for KVillage
- 6PM PTO Meeting in Library

Wednesday, 8/17

- Spirit Shirt Day! Any spirit shirt may be worn with uniform bottoms today!
- First full day of school for KVillage

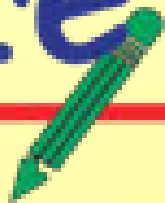
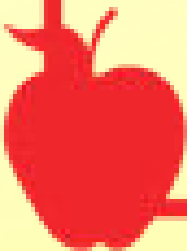
Thursday, 8/18

- TECHNOLOGY NIGHT POSTPONED TO 8/30

Friday, 8/19

- NO MASS- went on Monday

After-School Care



Please come through the front office for pick-up this year!

If not in their rooms, please see the playground

EVERY PARENT AND
TEACHER IS INVITED

PTO MEETING TUESDAY 8/16 @ 6PM IN LIBRARY

This month's agenda will include voting on an amendment to this year's budget and helping the school with a new HVAC unit.

PLEASE JOIN US!!

EMAIL

PTOPresident@SJSFalcons.org



ST. JOSEPH
CATHOLIC SCHOOL

PTO MEETINGS ARE EVERY
THIRD TUESDAY OF THE
MONTH AT 6PM IN THE
LIBRARY

Meetings typically last 30
minutes to an hour.

A blackboard sign with a scalloped edge, hanging from a string, is centered against a background of many colorful pencils. The pencils are arranged vertically in a rainbow gradient from purple on the left to blue on the right.

Back to
School
Night

**THURSDAY,
AUGUST 25TH
AT 6PM!**

New Spirit Shirts!

\$15 each

Youth XXS- Adult 3XL
(Comfort Colors brand)



ACADEMIC EXCELLENCE
SURROUNDED BY FAITH

Front Left

Back Center

Available in the
School Office and at
Back-to-School Night!

AUGUST LUNCH MENU

REMEMBER: Meals are not free for everyone this year so please fill out the free and reduced lunch application found at: www.sjsfalcons.org under the "student life" tab and then click on Child Nutrition Program



Diocese of Shreveport Child Nutrition Program St. Joseph School August 2022 Menu

Check out our new school lunch menu options! 5 YES, 5 main entrée menu options offered daily!
Plus, **Charcuterie Boxes** and Chef Salads are offered as a complete meal, just grab a milk!

NEW! Charcuterie LUNCH Boxes for grades K-8th may include Pepperoni, Egg, Ham, Turkey, or Cheese along with Fresh Fruit, Veggies and Crackers. Additional menus will be added throughout the school year.

15	16	17	18	19
Char-Grilled Hamburger Turkey Sandwich Yogurt Cup w/ Graham Crackers Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Milk	Spaghetti & Meat Sauce Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	Chicken & Waffles w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	Pizza Hut Pizza Yogurt Cup w/ Graham Crackers Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Grilled Chicken Sandwich Fish Nuggets Yogurt Cup w/ Graham Crackers Red Beans & Rice Sweet Corn Sweet Chilled Pears Royal Brownie Milk
22	23	24	25	26
Sloppy Joe Sandwich Popcorn Chicken Yogurt Cup w/ Graham Crackers Sweet Buttered Carrots Oven Crisp French Fries Sweet Chilled Peaches Mac & Cheese Milk	Fiesta Tacos (K-8) Mini Corn Dogs (Pre-K-8) Yogurt Cup w/ Graham Crackers Sweet Corn Refried Beans Classic Applesauce Cinnamon Roll Milk	Oven Baked Chicken (K-8) Chicken Nuggets (Pre-K-8) Yogurt Cup w/ Graham Crackers Creamy Whipped Potatoes Sautéed Mixed Greens Fruit Cocktail w/ Jell-O Cornbread w/ Syrup Milk	Pizza Hut Pizza Yogurt Cup w/ Graham Crackers English Sweet Peas Fresh Cucumber Sticks w/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk	Grilled Cheese Sandwich Grilled Ham & Cheese Sandwich or Fish Fillet Sandwich Yogurt Cup w/ Graham Crackers Tomato Soup Fresh Broccoli Florets w/ Ranch Dressing Sweet Sliced Pears Milk
29	30	31	Sept 1	Sept 2
Midway Corndog Chicken Nuggets Yogurt Cup w/ Graham Crackers Tater Tots Steamed Broccoli Sweet Chilled Peaches Sugar Cookie Milk	Hamburger Mac & Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk	French Toast & Sausage w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk	Pizza Hut Pizza Yogurt Cup w/ Graham Crackers Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk	Ballpark Chili Fritos Hot Dog w/ Chili or Cheese Yogurt Cup w/ Graham Crackers Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk

Menus are subject to change based on delivery of products.

Pre-K students receive one entrée and all other item listed with portion sizes according to age. Students in grades K-8th must choose at least 3 of 5 meal components offered daily (protein, grain, vegetable, fruit, and milk) and 1 component must be a fruit or a vegetable.

Chef Salads offered daily upon request only and may include Egg, Chicken Strips, Ham, or Turkey.

2022-2023 Meal Prices

Student \$3.50
Adult/Visitor \$5.00

2nd Servings

Main Dish \$1.50
Veggie or Fruit \$0.75
Breads \$0.50
Milk \$0.75

Smart Snacks are available at additional cost. Monthly Menus and all prices are posted online and in school cafeterias.

Daily Options:

- **Fat Free condiments** may include: Ranch, Italian, Honey Mustard Dressings, and Ketchup.
- **Milk Choices** include: Fat-Free Chocolate Milk and 1% White Milk.
- **Whole Grains:** 80% of all grain items are Whole Grain Rich.
- **Extra Sales USDA Approved Smart Snacks** options offered daily may include: 100% Fruit Juices, variety of Baked Chips, and low-fat and/or sugar-free Frozen Juices or Ice Creams.
- **Please sign up for FREE to monitor and maintain your child's meal account at www.myschoolbucks.com**
- **For more information, please contact the Diocese of Shreveport Office of Child Nutrition at (318) 219-7297, or go to <http://www.dioshpt.org/ministries/catholic-schools/school-nutrition-program/>**

This institution is an equal opportunity provider.



**Try the
NEW
lunchable!**