



# 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

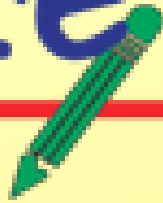
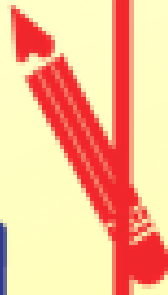
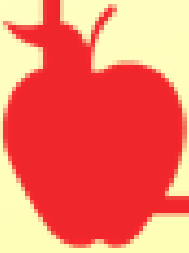
Thursday, 8/18

- 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](mailto: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.



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

### 2<sup>nd</sup> 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](http://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!