

# Weekly Bulletin

**Sterling Public Schools**

**September 11-18, 2009**

**Friday  
Sept. 11** Varsity Football vs. Dorchester – 7:00 pm. Coronation at Halftime  
**Post Prom Parents “Hamburger Feed”** – 5:00 p.m. to ? at the football field  
Homecoming Dance – after game until Midnight

**Saturday  
Sept. 12** JV Volleyball – Syracuse Tournament @ Syracuse (games are also being held at Unadilla)  
Sterling vs. Johnson-Brock – 8:30 a.m. @ Unadilla gym (second game to be determined)

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**Monday  
Sept. 14** Breakfast Menu: Pancakes & Sausage on a Stick or Cereal/Fruit, juice  
Menu: Turkey & Cheese Sandwich, green beans, carrot sticks, peaches  
MUDECAS Volleyball @ Beatrice-SCC – 7:30 p.m. vs. Pawnee City  
JV Football vs. Falls City Sacred Heart - HOME – 6:00 p.m.  
Football practice - after school

**Tuesday  
Sept. 15** Breakfast Menu: Cereal, Toast, Fruit, juice, milk  
Menu: Goulash, lettuce salad, tea rolls w/jelly, pineapple tidbits  
MUDECAS Volleyball @ Beatrice-SCC  
Football practice after school

**Wednesday  
Sept. 16** Breakfast Menu: Breakfast Burrito or Cereal/Fruit, juice milk  
Menu: Chicken Fajita, rice, peas, apple slice  
Volleyball practice after school  
Football practice after school

**Thursday  
Sept. 17** Breakfast Menu: Scrambled Eggs, Toast or Cereal/Toast, juice milk  
Menu: Tacos, corn, celery w/peanut butter, pears  
Football practice after school  
MUDECAS Volleyball @ Beatrice-SCC

**Friday  
Sept. 18** Breakfast Menu: Cheese Toast or Cereal/Fruit, juice, milk  
Menu: Ham Patty, tator gems, mixed vegetables or broccoli w/cheese, corn, apple slice  
Volleyball practice after school  
Varsity FB vs. Pawnee City – 7:00 pm. *Parent’s Night* – Please be at the field by 6:40 p.m.

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- Sterling Post Prom Parents will be having a “Hamburger Feed” on September 11 beginning at 5:00 p.m. until the hamburgers are gone or half time of the game. Freewill Donations.
  - The following items are to be brought to the Homecoming Dance – Seniors – dessert, Juniors – 1 pkg. of 6/8 ct. buns, Sophomores – 1 bag of chips, Freshmen – stay and clean up following the dance.
  - **FOOTBALL PARENTS NIGHT** – The following items are to be brought to the school after the game on Friday, Sept. 18. Student Managers – Bottle of BBQ Sauce; Freshmen/Sophomores – side dish; Juniors – large bag of chips; Seniors – buns, (cake & meat supplied). The meal will be held in the school cafeteria. Immediate family of all football players, coaches and student managers are invited. Any questions contact Barb Lempka.
  - **VOLLEYBALL PARENTS NIGHT** – Sept. 22 - see more information on the website or contact the office for what to bring. The desserts will be held in the school cafeteria. Immediate family of all volleyball players, coaches and student managers are invited

