

Weekly Bulletin

Sterling Public Schools

October 23-31, 2009

Monday
Oct. 26 Breakfast Menu: Garlic Cheese Toast or Cereal/Fruit, milk, juice
Menu: Hamburger on Bun, french fries, green beans, apple
Football practice after school
Pioneer Conference Volleyball – Sterling plays at 5:45 @ Freeman Bus leaves at 4:25 pm

Tuesday
Oct. 27 Breakfast Menu: Cereal, Toast, Fruit, milk, juice
Menu: Potato Bake, ham or tuna salad sandwich, string cheese, pineapple tidbits
Pioneer Conference Volleyball @ Freeman or Lewiston
Football practice after school

Wednesday
Oct. 28 Breakfast Menu: French Toast Sticks, Sausage or Cereal/Sausage, juice, milk
Menu: Tomato Soup, cheese sandwich, lettuce salad, peaches
C.A.N. Assembly 9:00 a.m. in the gym
Volleyball practice after school
Football practice after school

Thursday
Oct. 29 Breakfast Menu: Donut, Yogurt or Cereal/Yogurt, juice, milk
Menu: Submarines, peas, gelatin, pears
First Round of Football State Playoffs – More information to follow. Check the website.

Friday
Oct. 30 Breakfast Menu: Coffin Lids or Crispy Critters/Bat Dung, Blood of Dracula, Ghost Juice
Menu: Nosferatu's Favorites, Monster Mash w/Ghoulie Goop, Kreepy Kernels, Brain Bits
Pioneer Conference Volleyball @ Freeman
Football practice after school

Saturday
Oct. 31 Sterling JV Volleyball Tournament – 9 a.m.
Sterling Rescue Halloween Informational Dinner at the Fire Barn – info. below

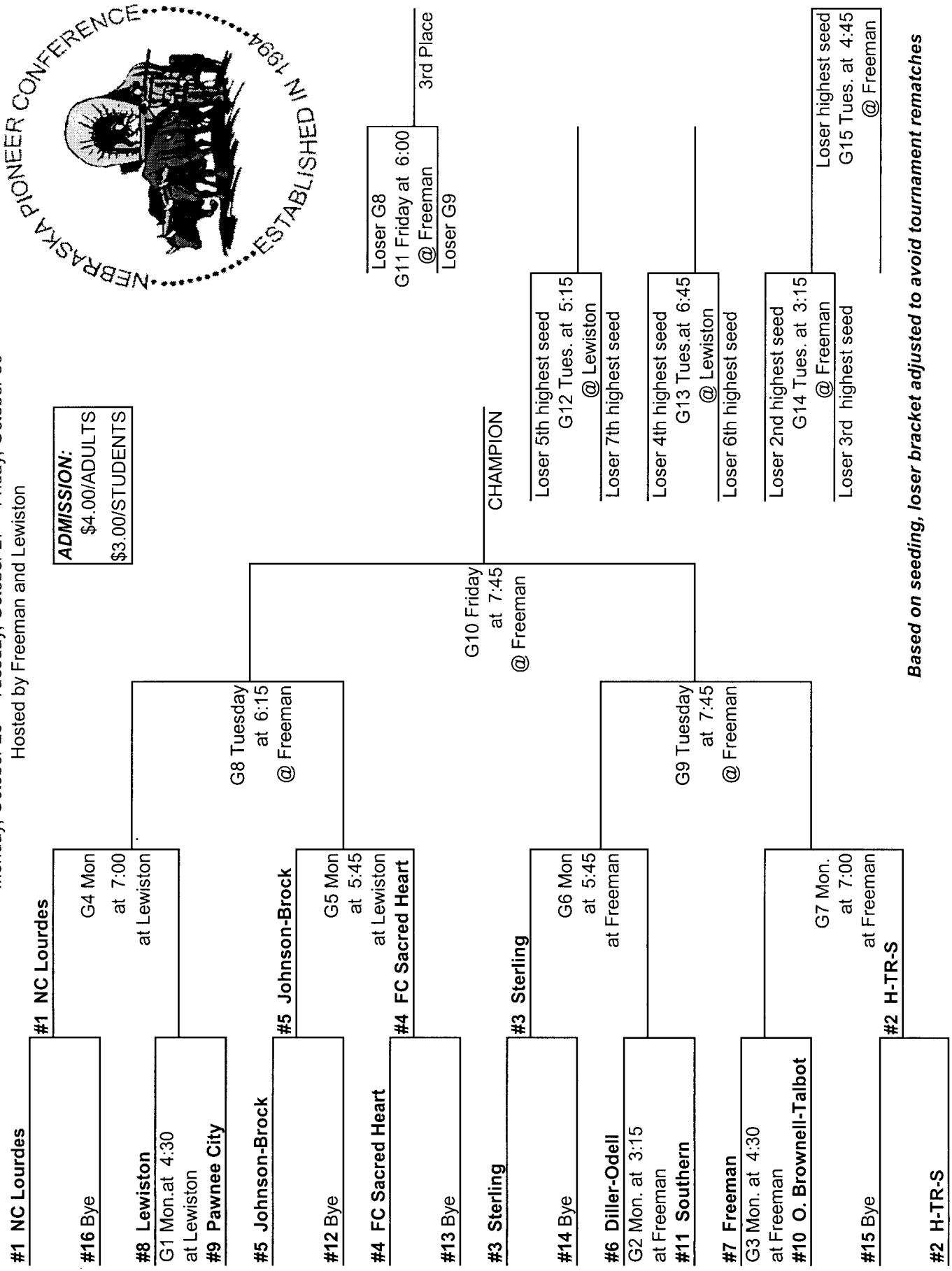
- *******more information on the back*******
- **STERLING COMMUNITY ASSOCIATION Make a Difference Day** will be on Sat. Oct 24. It will be a pickup day at the Lot on Broadway St. between Maple and Atchison Streets. It will begin at 9 a.m. Come help.
 - **Sterling Rescue** will be hosting a hamburger/hot dog dinner on Saturday, October 31st from 5-7:30 p.m. This event will be held in the Ambulance Bay. We will again have safety information for trick-or-treaters. This year the proceeds will go towards the purchase of a new hydraulic patient cot. Have a safe and happy Halloween!
 - The next Washington D.C. Trip meeting will be on Oct. 25 in school Library at 7 p.m. This trip is for grades 4th & 5th.
 - **Booster Club** Did you know Sterling Jets apparel and merchandise can also be ordered directly from the school website? Sterling Jets personalized car decals are only one of the many options available online!

PIONEER CONFERENCE VOLLEYBALL TOURNAMENT 2009-2010

Monday, October 26 -- Tuesday, October 27 -- Friday, October 30
 Hosted by Freeman and Lewiston



ADMISSION:
 \$4.00/ADULTS
 \$3.00/STUDENTS



Based on seeding, loser bracket adjusted to avoid tournament rematches