

WEEKLY BULLETIN

Sterling Public Schools



April 4-9, 2016

Monday
April 4
Breakfast: French Toast Sticks OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Chicken Patty Sandwich, Mashed Potatoes w/ Gravy, Green Beans, Applesauce
💡 Freeman JH Quiz Bowl @ Adams - 6PM - Van leaves @ 5PM
TRACK Practice: after school

Tuesday
April 5
Breakfast: Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk
Lunch: Nachos w/ Cheese Sauce or Bean Sip, Corn, Celery w/ PB, Pineapple Tidbits
RSH - 2nd period - LEAD Meeting @ 9:37AM
TRACK Practice: after school

Wednesday
April 6
EARLY OUT
1:37PM
Breakfast: Breakfast Burrito OR WG Cereal, WG Muffin, Fruit/Juice, Milk
Lunch: BBQ Pork Sandwich, Mixed Vegetables, Baked Beans, Mandarin Oranges
RSH - none
👉 Mustang HS Track Invite @ Friend - 10AM - Bus leaves @ 7:27AM *Schedule on back
STATE FFA CONVENTION @ LINCOLN

Thursday
April 7
Breakfast: WG Cereal, WG Toast, Fruit/Juice, Milk
Lunch: Vegetable Beef Soup, Romaine Lettuce Salad, WG Cheese Breadstick, Mixed Fruit
RSH - none
STATE FFA CONVENTION @ LINCOLN
STATE FBLA CONVENTION @ OMAHA
TRACK Practice: after school

Friday
April 8
Breakfast: Breakfast Bar OR WG Cereal/WG Muffin, Fruit/Juice, Milk
Lunch: Quesadilla, Green Beans, FF and/or Swt. FF, Peaches
STATE FFA CONVENTION @ LINCOLN
STATE FBLA CONVENTION @ OMAHA
TRACK Practice: after school

Saturday
April 9
ACT Test Date
STATE FBLA CONVENTION @ OMAHA

* USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

👉 **MORE INFO ON BACK** →

👉 Stay up to date with all things JET related by going to the school website: www.sterlingjets.org, our [Facebook](#) page, and for sports scores, follow us on Twitter: [@spsjetpride!!!](#)

Meridian Mustangs HS Track Invite Wednesday, April 6, 2016 @ Friend

Schedule & Order of Events

Field Events

10AM

Boys: Discus	Girls: High Jump
Long Jump	Triple Jump
Pole Vault	Shot Put

EST. 11:15AM

Shot Put	Pole Vault
High Jump	Discus
Triple Jump	Long Jump

Running Events (APPROXIMATE)

PRELIMS:

12:30	3200 M Relay, FINALS	Girls
12:45	3200 M Relay, FINALS	Boys
1:00	100 M High Hurdles	Girls
1:10	110 M High Hurdles	Boys
1:20	100 M Dash	Girls
1:30	100 M Dash	Boys
1:40	400 M Dash, FINALS	Girls
1:50	400 M Dash, FINALS	Boys
2:00	3200 M Run, FINALS	Girls
2:15	3200 M Run, FINALS	Boys
2:30	200 M Dash	Girls
2:40	200 M Dash	Boys

FINALS

3:15	100 M High Hurdles	Girls
3:20	110 M High Hurdles	Boys
3:30	100 M Dash	Girls
3:35	100 M Dash	Boys
3:40	800 M Run	Girls
3:50	800 M Run	Boys
4:00	300 M Low Hurdles	Girls
4:10	300 M Inter. Hurdles	Boys
4:20	200 M Dash	Girls
4:25	200 M Dash	Boys
4:30	1600 M Run	Girls
4:40	1600 M Run	Boys
4:50	400 M Relay	Girls
5:00	400 M Relay	Boys
5:10	1600 M Relay	Girls
5:20	1600 M Relay	Boys