

### **Wednesday, August 4**

Welcome back, Springs Valley!

Happy National Chocolate Chip Cookie Day!

Lunch (Wednesday, Aug. 4) - chicken tenders w/roll, green beans & cucumbers

Breakfast (Thursday, Aug. 5) - donut holes

Lunch (Thursday, Aug. 5) - chili cheese fries, broccoli & carrot sticks

### **Announcements**

- The REC Center is open today for any JH student that has already enrolled.

### **Athletics**

There are no athletic contests this evening.

Courage is not the absence of fear, but the capacity to act despite our fears.