

Good Evening Southwest Middle School Family,

This is your proud principal Dr. Richmond with your updates for the week.

### **At the Ranch**

-There will be no school tomorrow in honor of Labor Day.

-This week 6th, 7th, and 8th grade will begin having team townhall meetings with their respective co-principals as we continue our work on ensuring high expectations and a safe environment.

-We honestly had a pretty good first week of school. I want to thank you, our students, and my staff for doing a fantastic job. I really just have a few reminders as we go into week two:

\*If you are dropping off students in the morning, please make sure to only drop them off in the front car rider line and not in the back parking lot, once buses are in those doors are closed and it is not safe.

\*Please remember that ALL SWMS students can receive free breakfast and lunch. If your student would like to eat, then they are welcome to. This month's lunch menu is attached.

\*Please continue to refer to our SWMS Student and Family Handbook and reach out to your co-principal or any specific staff with questions.

### **Athletics**

Our Fall sports teams have no games this week. There are no athletic activities on Monday. All teams will practice as normally scheduled the remainder of the week.

SWMS Athletics will host a Fall Sports Parent Meeting in the SWMS gymnasium for all students on a fall sports team, Wednesday, September 6th, 6:00pm-7:30pm.

During the Fall Sports Meeting, parents will have the opportunity to register on their respective sports team "Remind Group" for all team specific communication moving forward.

Thanks again for your continued support of SWMS athletics.

### **PTSA**

The SWMS PTSA needs YOU! Some important reasons are our students benefit, our school benefits, create connections, and you benefit. Anyone can join the SWMS PTSA. Please see the attached flyer, and reach out to membership chair at [chrmoore1@gmail.com](mailto:chrmoore1@gmail.com) with any questions.

I look forward to seeing your child's smiling face on Tuesday morning. Remember, at Southwest, we will do the right thing.

Dr. Richmond

## THE SWMS PTSA NEEDS

# YOU!

*Why join our organization?*

- #1 OUR STUDENTS BENEFIT**  
Help your child excel academically by being an active participant and role model in a community that helps raise your child!
- #2 OUR SCHOOL BENEFITS**  
Help create a positive, caring, and engaging community by supporting teachers/administration!
- #3 CREATE CONNECTIONS**  
Develop powerful relationships with teachers and staff while making life-long friends with parents!
- #4 YOU BENEFIT**  
Volunteering your time, talents, and energy while socializing with other parents is fun, healthy, and rewarding!



## ANYONE CAN JOIN THE SWMS PTSA!

*Interested in Joining?*

Contact **SWMS PTSA Membership Chair** at [chrmoore1@gmail.com](mailto:chrmoore1@gmail.com)  
or join us in one of our membership meetings.

# September 2023 Middle Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>At schools who are offering Smart Mouth Pizza, it will be offered to all 6th graders on Tuesday, all 7th graders on Wednesday, &amp; all 8th graders on Thursday as a part of their entree. On Monday, Smart Mouth Pizza will be sold a la Carte. Eventually, all middle schools will be offered the Smart Mouth Brand Pizza!</p>				
<p><b>4</b></p> <p><b>HAPPY LABOR DAY</b></p> <p>Chicken Drumstick &amp; Waffle (44) Cheesy Bites (28) Manager's Choice Chef Salad PB &amp; J Lunch Pack (47) Sweet Corn (16) Green Beans (3) Fresh/Canned Fruit Milk (13-20)</p>	<p><b>5</b></p> <p><b>Taco Tuesday</b></p> <p>Beef Nachos (31) Nacho Bites (34) Yogurt Lunch Pack (27-31) Chicken Sandwich (43) Mexican Street Corn (24) Ranchero Beans (20) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-6th grade</b></p>	<p><b>6</b></p> <p>Chicken Wings (2) Pepperoni Hot Pocket (31) PB &amp; J Lunch Pack (47) Sweet Potato Waffle Fries (16) Celery &amp; Ranch Roll (30) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-7th grade</b></p>	<p><b>7</b></p> <p><b>Italian Thursday</b></p> <p>Chicken Alfredo (25) &amp; Breadstick (26) Corn Dog Nuggets (30) Yogurt Lunch Pack (27-31) Cheesy California Blend Veggies (9) Garden Salad (6) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-8th grade</b></p>	<p><b>8</b></p> <p>Big Daddy's Pepperoni/Cheese Pizza (34) Buffalo Chicken Dip (2) w/ Tortilla Chips (29) Manager's Choice Chef Salad PB &amp; J Lunch Pack (47) Baby Carrots (6) &amp; Ranch Green Beans (3) Fresh/Canned Fruit Milk (13-20)</p>
<p><b>11</b></p> <p>Chicken Drumstick &amp; Waffle (44) Cheesy Bites (28) Manager's Choice Chef Salad PB &amp; J Lunch Pack (47) Sweet Corn (16) Green Beans (3) Fresh/Canned Fruit Milk (13-20)</p>	<p><b>12</b></p> <p>Cheeseburger (31) Buffalo Bites (14) Yogurt Lunch Pack (27-31) Veggie Dippers (6) &amp; Ranch Oreo Roll (30) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-6th grade</b></p>	<p><b>13</b></p> <p><b>Southern Food Wednesday</b></p> <p>Chicken BBQ Sandwich (34) Pork BBQ Sandwich (33) Beer Hot Dog (38) Manager's Choice Chef Salad PB &amp; J Lunch Pack (47) Baked Beans (30) Curly Fries (21) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-7th grade</b></p>	<p><b>14</b></p> <p><b>Breakfast for Lunch</b></p> <p>Chicken Biscuit Turkey Sausage Biscuit Scrambled Eggs (3) Hashbrown Veggie Juice Box Cinnamon Apples Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-8th grade</b></p>	<p><b>15</b></p> <p>Big Daddy's Pepperoni/Cheese Pizza (34) Meatball Sub (29) Chicken Sandwich (43) PB &amp; J Lunch Pack (47) Broccoli &amp; Cheese (4) Garden Salad (6) Fresh/Canned Fruit Milk (13-20)</p>
<p><b>18</b></p> <p>Chicken &amp; Vegetable Dumplings (50) Pizza Crunchers (41) Chicken Sandwich (43) PB &amp; J Lunch Pack (47) Mashed Potatoes (17) Green Beans (3) Egg Roll Fresh/Canned Fruit Milk (13-20)</p>	<p><b>19</b></p> <p><b>Taco Tuesday</b></p> <p>Soft Beef Taco Mexican Taco Pizza (21) Yogurt Lunch Pack (27-31) Fiesta Beans (22) Sweet Corn (16) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-6th grade</b></p>	<p><b>20</b></p> <p>Teriyaki Meatballs &amp; Rice Chicken Tenders PB &amp; J Lunch Pack (47) Potato Wedges (19) Mixed Vegetables Fresh/Canned Fruit Roll (30) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-7th grade</b></p>	<p><b>21</b></p> <p><b>Italian Thursday</b></p> <p>Baked Ziti &amp; Garlic Knot Fish Nuggets (23) Manager's Choice Chef Salad PB &amp; J Lunch Pack (47) Broccoli &amp; Cheese (4) Glazed Carrots Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-8th grade</b></p>	<p><b>22</b></p> <p>Big Daddy's Pepperoni/Cheese Pizza (34) Chicken Philly Sub (31) Chicken Sandwich (43) PB &amp; J Lunch Pack (47) Baked Sweet Potato (21) Fresh/Canned Fruit Milk (13-20)</p>
<p><b>25</b></p> <p><b>Teacher Work Day</b></p>	<p><b>26</b></p> <p><b>Taco Tuesday</b></p> <p>Beef Nachos (31) Nacho Bites (34) Yogurt Lunch Pack (27-31) Chicken Sandwich (43) Mexican Street Corn (24) Ranchero Beans (20) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-6th grade</b></p>	<p><b>27</b></p> <p>Chicken Wings (2) Pepperoni Hot Pocket (31) PB &amp; J Lunch Pack (47) Sweet Potato Waffle Fries (16) Celery &amp; Ranch Roll (30) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-7th grade</b></p>	<p><b>28</b></p> <p><b>Italian Thursday</b></p> <p>Chicken Alfredo (25) &amp; Breadstick (26) Corn Dog Nuggets (30) Yogurt Lunch Pack (27-31) Cheesy California Blend Veggies (9) Garden Salad (6) Fresh/Canned Fruit Milk (13-20)</p> <p><b>Smart Mouth Pizza-8th grade</b></p>	<p><b>29</b></p> <p>Big Daddy's Pepperoni/Cheese Pizza (34) Buffalo Chicken Dip (2) w/ Tortilla Chips (29) Manager's Choice Chef Salad PB &amp; J Lunch Pack (47) Green Beans (3) Baby Carrots (6) &amp; Ranch Fresh/Canned Fruit Milk (13-20)</p>

Offer Versus Serve Lunch

Students are only required to take at least 3 different food items. At least 1 item must be a fruit or vegetable. Milk is not required. For example, a student can take the entree, fruit, and bread. All items are available to students if they prefer to take all.

\*Carb counts are in parentheses next to each menu item.

\*Menus are subject to change without notice.

\*For concerns about food allergy and special diets contact your schools Child Nutrition Manager.



Online Payments for Student Accounts

New!  
Free Mobile Menu App

