



October 1, 2021



Mercy
HIGH SCHOOL

Mercyfest for 7th & 8th grade girls is on Saturday, October 16th from 5-8 PM. For more details and to register, please go to:

<https://www.mercyhigh.org/happenings/>

Important Dates

- October 8th: NO SCHOOL
- October 11th: NO SCHOOL
- October 28th: Parent-Teacher Conferences (8 a.m.- 8 p.m.)

Message from Mr. Swanny
HIGH SCHOOL INFORMATION EVENT for the CUES SCHOOLS

WHEN: Thursday, October 7th, 6:30 PM to 7:30 PM

WHERE: Holy Name (2901 Fontenelle Blvd) Cafeteria (below the church),

WHO: All CUES middle school students (6th, 7th and 8th) and parents

WHY: To share information about High Schools High school programs. Eight Omaha area Catholic High schools (Creighton Prep, Duchesne, Gross, Marian, Mercy, Mount Michael, Roncalli, Skutt) will be represented. There will also be representatives from the following organizations: The Nebraska College Preparatory Academy, Step Up Omaha, Education Quest and Upward Bound and others. All of these programs support students in high school and beyond.

SHADOW DAY OPPORTUNITIES AT CATHOLIC HIGH SCHOOLS

Any 7th or 8th grade (and at some schools, 6th grade) student can spend a day at a Catholic High School to learn about that school (referred to as a "Shadow Day"). You can find information about Shadow Days on the school website for each Catholic High School. **October 8th, 11th, 28th and 29th are days with no classes at CUES schools.** These would be great days to shadow at a Catholic High School.

Feel free to call Mr. Swanny at 402-880-5398 if you have more questions.



October 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
SPV – Grape Tomatoes 4 Sausage Cheese Croissant Or- Yogurt & Cheese Stick with Assorted WG Bread Glazed Carrots Mandarin Oranges	5 Crispy Chicken Sandwich on a WG Bun Or- Yogurt & Cheese Stick with a WG Soft Pretzel Golden Corn Chilled Peaches	6 Pizza Hut Pizza with Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread Fresh Broccoli Craisins	7 Soft Shell Chicken Taco with a Lettuce & Cheese Cup Or- Yogurt & Sunflower Seeds with Assorted WG Bread Chili Beans Tropical Fruit	8 Baked Rotini Pasta with Meat Sauce and a WG Ciabatta Roll 🐷 Or- Yogurt & Cheese Stick with a WG Ciabatta Roll Iceberg Salad Fresh Apple
National School Lunch Week October 11th – 15th				
SPV – Baby Carrots 11 Hot Dog on a WG Bun 🐷 Or- Yogurt & Cheese Stick with Assorted WG Bread Baked Beans Chilled Pears	12 Macaroni & Cheese with a WG Soft Pretzel Or- Yogurt & Cheese Stick with a WG Soft Pretzel Garden Peas Strawberries	13 Popcorn Chicken with a WG Biscuit Or- Yogurt & Cheese Stick a WG Biscuit Mixed Vegetables Banana	14 Meatball Sub with Mozzarella Cheese 🐷 🐷 Or- Yogurt & Sunflower Seeds with Assorted WG Bread Romaine Salad with Croutons Raisins	15 Grilled Cheese Sandwich Or- Yogurt & Cheese Stick with Assorted WG Bread Grape Tomatoes Pineapple Tidbits
SPV – Grape Tomatoes 18 Cheesy Nachos Or- Yogurt & Cheese Stick with Assorted WG Bread Ranch Beans Tropical Fruit	19 Crispy Chicken Waffle Sandwich Or- Yogurt & Cheese Stick with WG Waffles Cinnamon Breakfast Yams Chilled Pears	20 Pizza Hut Pizza with Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread Iceberg Salad Chilled Peaches	21 BBQ Pulled Pork on a Bun 🐷 Or- Yogurt & Sunflower Seeds with a WG Soft Pretzel French Fries Cinnamon Applesauce	22 Chicken Alfredo with WG Penne Pasta and WG Garlic Toast Or- Yogurt & Cheese Stick with WG Garlic Toast Broccoli Mandarin Oranges
SPV – Baby Carrots 25 Breaded Mozzarella Cheese Sticks with Pizza Sauce Or- Yogurt & Cheese Stick with Assorted WG Bread Seasoned Green Beans Chilled Peaches	26 Roasted Chicken Leg with a WG Ciabatta Roll Or- Yogurt & Cheese Stick with a WG Ciabatta Roll Sweet Potato Wedges Pineapple Tidbits	27 Cheeseburger on a WG Bun 🐷 Or- Yogurt & Cheese Stick with Assorted WG Bread Baked Beans Banana	28 Turkey Ham Bacon Flatbread Melt 🐷 Or- Yogurt & Sunflower Seeds Assorted WG Bread Romaine Salad with Croutons Orange Wedges	Halloween Menu 29 Monster Bowl w/Popcorn Chicken & Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread 🎃 Mashed Potatoes w/Gravy 🎃 Strawberries Bug Bites 🎃

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change. 🐷 Denotes PORK in main entrée. 🐮 Denotes BEEF in product WG = Whole Grain

This Institution is an equal Opportunity provider.



The CUES School System at All Saints, Holy Name and Sacred Heart, is rooted in Catholic Faith and Values. We share God's Love, Kindness, and Excellence.