

BLAZER POST

August 29th– September 2nd

Nicole Downer, Principal

Julie Moeller, Assistant Principal

Week at a Glance:

August 29th

iReady Diagnostic Continues
P.E. with Coach Roberts

August 30th

2:45 Comic Creators

August 31st

Early Dismissal Day

September 1st

P.E. with Coach Roberts

September 2nd

5th Grade: Last day to Join Band
Wear Spirit Gear or School Colors

Upcoming Events:

September 5th

Labor Day: No School



September 6th

PTA Ultra Fun Run Virtual Kickoff

September 13th

5:30 Watch D.O.G.S Meeting

September 16th

TK-5: School Picture Day

September 23rd

Ultra-Fun Run

General Announcements:

Warm Temperature Procedures

We are kept notified of the temperature on warm days and receive a Heat Index message once temperatures rise and we need to be mindful of outdoor activities. We follow the guidelines in the message and will provide students breaks, an option to go into the MPR for recess, or when it is too warm, we do not permit students to play outside. As we continue with the warmer temperatures, please make sure your child has a water bottle and prompt them to stay hydrated and refill it at school, as needed.

Ultra Fun-Run

On September 6th, PTA will be kicking off the Ultra Fun Run fundraiser. Some examples of how the money raised was utilized last year are: The Country Fair, a Buchanan t-shirt provided to every student, Encanto Movie Night, and crayons purchased for each child in the classroom. We love being able to provide these experiences, and more, to our students and school community. Please help support this fundraiser so we can do even more this year!

Student Arrival

Thank you to everyone for adhering to students not arriving prior to 8:05. We were having a lot of issues with safety when we had a large group getting dropped off early prior to there being adult supervision.



HERE'S THE

SCOOP...

WE NEED YOU!

Here are some sweet things
You can do for the kids at
Buchanan!

1. Join PTA— by purchasing your \$12 membership you are advocating on behalf of all children, including your own! No other commitment required.

2. Volunteer— there's so much we can do together. Even just one hour of your time is truly valuable and appreciated!

3. Donate— any amount you give helps! Every dollar goes into programs and services for our kids!



<https://jointotem.com/ca/murrieta/buchanan-elementary-pta>

September 2022 – Breakfast



The Harvest of the Month featured Vegetable is...

Celery Sticks!!!

Why Eat Celery?

- Reduces Inflammation
- Promotes Weight Loss
- Improves Digestion
- Soothes the Nervous System
- Supports the proper Functioning of the Thyroid

	MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S
Week of: 9/1- 9/2 9/12- 9/16 9/26- 9/30	Banana Muffin or Choice of Cereal	Mini Maple Pancakes or Choice of Cereal	Breakfast Sausage Pizza or Choice of Cereal	Biscuit & Sausage Patty or Choice of Cereal	Cinnamon Roll or Choice of Cereal
Week of: 9/5- 9/9 9/19- 9/23	Chocolate Muffin or Choice of Cereal	Breakfast Burrito or Choice of Cereal	French Toast Sticks or Choice of Cereal	Bagel & Cream Cheese or Choice of Cereal	Pancake on a Stick or Choice of Cereal

Breakfast Includes

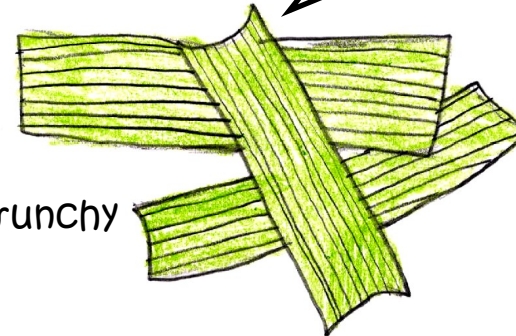
- Assorted Fresh Fruit
- Assorted Fruit Juice
- 1% White Milk or Non-Fat Chocolate Milk



Breakfast Combos & Lunch Combos are free of charge
(1 breakfast and 1 lunch per student per day)
for the 2022-2023 School Year
Second Breakfast \$1.75

Illustration done by Shannon @ Murrieta Summit

Crunchy



Murrieta School Nutrition
@MurrietaSchoolNutrition













This institution is an equal opportunity provider. Menu Subject to change without no-



September Lunch Menu ~ K - 5th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Combos & Lunch Combos are free of charge (1 breakfast and 1 lunch per student per day) for the 2022-2023 School Year Second Lunch \$2.75			1 French Toast Sticks & Chicken Sausage Patty Brunch for Lunch	2 Cheesy Pizza  Cookie Day 
5  HAPPY LABOR DAY No School	6 Corn Dog	7 Chicken Nuggets & Crackers	8 Meatballs w/marinara & Texas Toast	9 Steak Burger
12 Bean & Cheese Burrito 	13 Cheesy Garlic Toast w/marinara 	14 Teriyaki Chicken Bowl w/ brown rice	15 Chicken Drumstick & Texas Toast	16 Cheeseburger Sliders  Cookie Day
19 Cheesy Bosco Breadsticks 	20 Mini Hot Dogs	21 Chicken Nuggets & Crackers	22 Rotini w/ meat sauce & Garlic Breadstick	23 Chicken Burger
26 Mac & Cheese 	27 Chicken Taquitos	28 Orange Chicken w/ brown rice	29 French Toast Sticks & Chicken Sausage Patty Brunch for Lunch	30 Cheesy Pizza  Cookie Day 

DAILY ALTERNATE ENTREES

Turkey & Cheese Sub Sandwich,
Peanut Butter & Jelly Uncrustable Snack Pack
or *Entrée Salad Bar with Cheese & Crackers*

Lunch Includes

Unlimited Daily Produce Bar
100% Fruit Juice & Choice of 1% White or
Non-Fat Chocolate Milk

 = Vegetarian Option

Daily
Produce
• Bar •

Harvest of the Month



Celery Sticks

Apples
Oranges
Bananas
Watermelon or
Grapes
Chilled Pears or
Chilled Peaches
Applesauce
Local
Strawberries
Romaine Lettuce
Baby Carrots
Corn or Kidney
Beans
Green Beans or
Cucumbers

* Selections vary
seasonally and daily

