

## School Publications

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Does your school print a newsletter, or calendar? Obtain spot in Newsletter, School Calendar, Lunch Menu, or School Event Program (Like a Band Concert).

### What You're Going To Need:

- Pack e-mail address
- Pack PR volunteer
- Thank you notes

### How You're Going To Organize This:

Working with Pack families generate a list of known school publications (ex. calendars, menus, newsletters, etc...)

Delegate the Pack PR person to write short article, or put together a visual advertisement for the Pack and an upcoming Joining Event. Communicate with the school to request and ensure that the promotional piece will run before the Joining Event.

Send promotional piece to the school no more than 2 weeks ahead of time, and make sure the PR volunteer sends a follow-up to thank note to the school after your Joining Event.

The more we can work with our schools, the more they will reach out to us to attend school functions to promote scouting and create interest for families.

Additional Fall Recruitment Resources Can Be Found At:

[www.senecawaterways.org/membership](http://www.senecawaterways.org/membership)

### Westmoreland Fayette Council

2 Garden Center Drive  
Greensburg, PA 15601  
Phone: 724-757-1324  
[www.wfbsa.org](http://www.wfbsa.org)  
[www.beascout.org](http://www.beascout.org)





## BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WW FLAT BREAD BREAKFAST ORANGES FRESH APPLES CEREAL VARIETY MILK, 1% Lowfat CHOCOLATE MILK F/F	2 FRENCH TOAST STICKS STRAWBERRIES BLUE BERRIES MILK 1% LOWFAT CEREAL, VARIETY SYRUP	3 EGG ROUND HASHBROWN WHOLE WHEAT BREAD FRUIT JUICE MILK 1% LOWFAT CHOCOLATE MILK F/F	4 OATMEAL TOAST, WHEAT BREAD BANANAS BLUE BERRIES, Fresh CEREAL, VARIETY MILK 1% LOWFAT
7 NO SCHOOL TODAY	8 PANCAKES STRAWBERRIES BLUE BERRIES, Fresh CEREAL, VARIETY MILK 1% LOWFAT CHOCOLATE MILK F/F	9 BREAKFAST BURRITO FRUIT YOGURT MILK 1% LOWFAT CHOCOLATE MILK F/F CEREAL, VARIETY FRUIT JUICE	10 ZUCCHINI WG BREAD FRESH APPLES ORANGES MILK 1% LOWFAT CEREAL, VARIETY CHOCOLATE MILK F/F	11 CREAM OF WHEAT TOAST, WHEAT BREAD BANANAS FRESH APPLES ORANGES MILK 1% LOWFAT CEREAL, VARIETY
14 CHEESE CRISP FRESH APPLES ORANGES GRANOLA BAR CEREAL VARIETY CHOCOLATE MILK F/F MILK 1% LOWFAT	15 SCRAMBLED EGGS WHEAT BREAD (toasted) ORANGES FRESH APPLES CEREAL VARIETY MILK 1% LOWFAT CHOCOLATE MILK F/F	16 BLUE BERRY WG WAFFLES STRAWBERRIES CEREAL VARIETY MILK 1% Lowfat CHOCOLATE MILK F/F SYRUP	17 Pancakes and Sausage BANANAS FRESH APPLES ORANGES MILK 1% LOWFAT CHOCOLATE MILK F/F CEREAL VARIETY	18 PEANUT BUTTER AND JELLY SAND. CEREAL VARIETY MILK 1% Lowfat CHOCOLATE MILK F/F FRESH APPLES
21 FRUIT STRUDEL FRUIT YOGURT GRANOLA BAR BANANAS CEREAL VARIETY MILK 1% Lowfat CHOCOLATE MILK F/F	22 GRILLED CHEESE SAND. FRUIT YOGURT MILK 1% LOWFAT CHOCOLATE MILK F/F CEREAL VARIETY	23 BLUE BERRY WG MUFFIN BANANAS FRUIT YOGURT GRANOLA BAR MILK 1% LOWFAT CHOCOLATE MILK F/F CEREAL VARIETY	24 EGG ROUND HASHBROWN WHOLE WHEAT BREAD FRUIT JUICE MILK 1% LOWFAT CHOCOLATE MILK F/F	25 CHOCOLATE WG DONUT FRUIT YOGURT GRANOLA BAR MILK 1% LOWFAT CHOCOLATE MILK F/F CEREAL VARIETY
28 CREAM OF WHEAT TOAST, WHEAT BREAD BANANAS FRESH APPLES MILK 1% LOWFAT CEREAL VARIETY CHOCOLATE MILK F/F	29 SCRAMBLED EGGS WHEAT BREAD (toasted) ORANGES FRESH APPLES CEREAL VARIETY MILK 1% LOWFAT CHOCOLATE MILK F/F	30 BEAN & CHEESE BURRITO FRUIT JUICE MILK 1% LOWFAT CHOCOLATE MILK F/F CEREAL VARIETY		

Join Cub Scout Pack 397 - 9/17 Cafeteria 7pm  
 Cubscouts@scouts.org for more info!



## Sample Cafeteria Menu: