Volume 26 Number 17
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Stop focusing on how stressed you are and
Remember how Blessed you are.

## LUNCH MENU

## Week of $\mathbf{1 / 1 8}$ thru $\mathbf{1 / 2 2}$

- Monday, Jan. 18—*** MLK Day—NO SCHOOL***
- Tuesday, Jan. 19—Bring your lunch
- Wednesday, Jan. 20—Chick-Fil-A: Chicken Strips Chips, Cookie
- Thursday, Jan 21—Subway: 6" Ham on White, Chips, Cookie
- Friday, Jan. 22-4 Seasons: Chicken Quesadilla, Chips, Brownie


## Week of $\mathbf{1 / 2 5}$ thru $\mathbf{1 / 2 9}$

- Monday, Jan. 25—Bring your lunch
- Tuesday, Jan. 26—Señor Lopez: Chicken, Cheese and Rice
- Wednesday, Jan. 27—Chick-Fil-A: Chicken Nuggets, Chips, Cookie
- Thursday, Jan. 28—Subway: 6" Turkey on White, Chips, Cookie
- Friday, Jan. 29—DaVinci: Chicken Alfredo

| Prices: | Chick-Fil-A | $\$ 5.25$ | Señor Lopez | $\$ 5.25$ |
| :--- | :--- | :--- | :--- | ---: |
|  | McDonald's | $\$ 5.25$ | Subway | $\$ 5.25$ |
|  | 4 Seasons | $\$ 5.25$ | DaVinci | $\$ 5.25$ |
|  | Pizza Slices: | $1-\$ 2.00$, | $2-\$ 2.50$, | $3-\$ 3.00$ |

**You can view the monthly lunch calendar on our website www.hcahopkinsville.org. All lunch order forms must be placed by 9:00 a.m. the day prior to the lunch of choice.

## ACADEMIC TEAM

## MIDDLE SCHOOL ACADEMIC TEAM

Please monitor your email for practice times this week.
Congiatulations:

To the HCA Middle School Academic Team for their success in the Virtual Governor's Cup District Competition this past weekend! HCA won the Sportsmanship Award, and finished 2nd Place overall. Individual Awards went to:

Cash Bolinger: 1st Place Social Studies, 2nd Place Science Lincoln Blanchard, 1st Place Language Arts, 5th Place Science Jerry Spurling: 1st Place Arts \& Humanities Alyssa Kline: 2nd Place Arts \& Humanities

Lexi Lyon: 3rd Place Language Arts, 3rd Place Social Studies Abigail Jernigan: 5th Place Social Studies

Kate Smith: 2nd Place Math
Lucas Loftus: 4th Place Math
Quick Recall Team—1st Place—Members include those listed above plus Nathan Wheatcraft, John Heisler, and Hailey Milburn

All members will advance to the Regional Competition on January 30th.


Baseball \& softball sigh-ups are outside Mrs. Candy's office.
Middle School Baseball (Grades 5th-8th)
Varsity Baseball (Grades 8th-12th)
Girls Softball (Grades 5th-12th)

Please remember to Ђeep your masظ on,
Uash your hands, and ظeep social distance.


