



WEEKLY LUNCH MENU

MONDAY

SPAGHETTI*SALAD*GRAPES*GARLIC BREAD*SANDWICH BAR*HAMBURGER BAR*LOW FAT MILK

TUESDAY

CHICKEN STRIPS*FRIED RICE*GREEN BEANS*MIXED FRUIT*SANDWICH BAR*SALAD BAR*LOW FAT MILK

WEDNESDAY

HARD TACO*REFRIED BEANS*PEACHES*CINNAMON BREADSTICK*SANDWICH BAR*POTATO BAR*LOW FAT MILK

THURSDAY

CHICKEN NUGGETS*POTATO WEDGES*STEAMED BROCCOLI*MIXED FRUIT*SANDWICH BAR*SALAD BAR*LOW FAT MILK

FRIDAY

CHILI*CARROT&CELERY STICKS*APPLESAUCE*CORNBREAD BITES*SANDWICH BAR*NACHO BAR*LOW FAT MILK

IDLA

Last day to sign up for IDLA flex classes is March 31. Seniors make sure you have all your credits.

TRANSFER STUDENTS

Transfer Student request forms due by Feb. 28th for 2023-2024: If you live outside the CRHS

boundaries and plan to continue at CRHS for the 2023-24 school year, you will need to submit a 3010F form to Mrs. Long at the front office (email longle@tfsd.org) Forms can be found in the front office or online at the TFSD.org website. Out of boundaries students who do not submit a form will not be considered for transfer for the next academic year.

Seniors

Seniors, If you haven't ordered your cap and gown yet, please see the Registrar, Mrs. Weatherford in the registrar's office to get that ordered as soon as possible.

Cheer Open Gym Dates and Tryouts for 2023/2024

There will be 2 open gym cheer dates. April 5th and 12th in the upper gym at 4:00-5:30 TRYOUT FOR CHEER DATES: APRIL 19TH, APRIL 20TH AND APRIL 21ST IN UPPER GYM AT 4:30 TO 6:30! Thank you!

Dance Tryouts

Dance Tryouts will be on May 6th from 9:00-3:00. The first part of the day from 9:00-12:00 will be a clinic on dance. Tryouts will follow after lunch from 1:00-3:00. Please spread the word!!

ACTIVITIES FOR THE WEEK

MONDAY

PRACTICE

TUESDAY

ALEX DE LA TORRE SIGNING TO PLAY SOCCER IN GYM 3:30

WRESTLING BANQUET IN CAFETERIA 6:00

WEDNESDAY

JV/V SOFTBALL @ CAPITAL 4:00

JV BASEBALL @ CAPITAL 2:00

V BASEBALL @ CAPITAL 4:30

THURSDAY

JV/V TENNIS W/ WOODRIVER 4:00

SOFTBALL TEAM DINNER IN CAFETERIA 6:30

FRIDAY

TRACK MEET @ RIDGVUE 4:00

JV/V BASEBALL AND SOFTBALL DH W/ MT HOME 3:30

SATURDAY

DISTRICT 4 SPEECH TOURNAMENT CRHS 9:00 AM -7:00 PM

JV/V TENNIS W/ MADISON & HIGHLAND 11:00/4:00

JV/V BASEBALL & SOFTBALL W/ CALDWELL 12:00