



# Mid-Hawk News



October 2025



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We are excited to announce an addition to our website that posts community activities for students to get involved in outside of school hours. If you would like to view the opportunities OR submit something to be posted please visit the following [link](#).



**Check out our  
West Delaware Middle school  
Facebook Page for more updates  
and reminders!**

# OCTOBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
	Royalty Day	Adam Sandler Day	1:25 Dismissal Parent/Teacher Conferences	1:25 Dismissal Parent/Teacher Conferences 7 FB @ Mt. Vernon	NO SCHOOL	
5	6	7	8	9	10	11
		7/8 XC @ Home 7 FB @ Home 8 FB @ Vinton Shellsburg	1:25 Dismissal Safari/Onsie Day	Beach/Biker Day 7/8 VB vs Benton	WD Spirit Day Homecoming Pep Rally 2:00 Parade	
12	13	14	15	16	17	18
	7/8 XC @ Williamsburg		1:25 Dismissal	7 FB @ Indee 8 FB @ Home		
19	20	21	22	23	24	25
	6pm School Board Meeting	5-12 Choir Concert	1:25 Dismissal		End of 1st Quarter	
26	27	28	29	30	31	1
	NO SCHOOL		1:25 Dismissal	Picture Re-Take Day		

# OCTOBER



## Lambert & MS Breakfast Menu

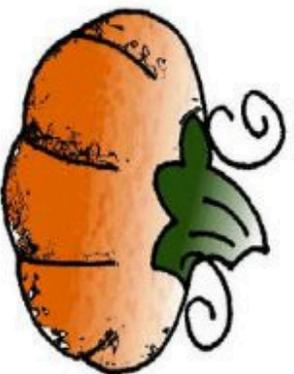
Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE</b>				
6 FRENCH TOAST STICKS, W/S SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY	7 PANCAKE ON A STICK, W/S SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY	8 APPLE FILLED DONUT, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	9 RAINBOW YOGURT W/GRAND A, W/S CHOCOLATE CHIP MUFFIN, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	10 ENGLISH MUFFIN, W/S EGG PATTY W/ CHEESE SLICE FRUIT 100% FRUIT JUICE MILK VARIETY
13 CHOCOLATE FILLED DONUT BITES, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	14 STUFFED EGG & CHEESE HASHBROWN FRUIT 100% FRUIT JUICE MILK VARIETY	15 BREAKFAST CHURRO, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	16 CINNAMON ROLL, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	17 COCOA PUFFS, W/S CHOCOLATE CHIP MUFFIN, W/S FRUIT 100% FRUIT JUICE MILK VARIETY
20 LONG JOHN, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	21 BAVARIAN WAFFLE STICKS, W/S SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY	22 EGG & SAUSAGE PATTY W/CHEESE ENGLISH MUFFIN, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	23 MINT PANCAKES, W/S SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY	24 APPLE OR CHERRY FRUDEL, W/S FRUIT 100% FRUIT JUICE MILK VARIETY
27 NO SCHOOL TODAY	28 FRENCH TOAST STICKS, W/S SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY	29 PANCAKE ON A STICK, W/S SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY	30 BREAKFAST RINGS, W/S FRUIT 100% FRUIT JUICE MILK VARIETY	31 RAINBOW YOGURT W/GRAND A, W/S MUFFIN, W/S FRUIT 100% FRUIT JUICE MILK VARIETY

**Alternate Breakfast Menu**  
BREAKFAST PIZZA, W/S  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

**MILK VARIETY**  
Chocolate, Fat Free  
White Fat Free  
White, LoFat, 1%

**This institution is an  
equal opportunity  
provider.**

# OCTOBER



## Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6 CHICKEN QUESADILLA, W/G SWEET WAFFLE FRIES CARROT STICKS W/LIGHT RANCH BLUEBERRIES OR APPLESAUCE CUP MILK VARIETY	7 SPAGHETTI, W/G GARLIC CHEESE BREAD, W/G ROMAINE SALAD W/LIGHT RANCH STEAMED BROCCOLI ORANGE, FRESH OR MIXED FRUIT MILK VARIETY	1 BBQ PULLED PORK W/BUN, W/G BAKED FRENCH FRIES BAKED BEANS GRAPES, FRESH OR PEAR CUP MILK VARIETY	2 WALKING CHEESEBURGER, W/G CHERRY TOMATOES CORN PINEAPPLE CHUNKS OR MIXED BERRY CUP MILK VARIETY	3 NO SCHOOL TODAY
<b>MENU SUBJECT TO CHANGE</b>				
13 NATIONAL SCHOOL LUNCH WEEK! WALKING TACO, W/G BAKED TOTS REFRIED BEANS KINTV, FRESH OR MANDARIN ORANGES MILK VARIETY	14 GRILLED CHICKEN/PATTY SEASONED NOODLES, W/G GREEN BEANS ROMAINE SALAD W/LIGHT RANCH GRAPES, FRESH OR STRAWBERRIES RICE KRISPITE TREAT, W/G MILK VARIETY	15 ORANGE CHICKEN FRIED RICE, W/G EGG ROLL, W/G BUTTERY PEAS CARROT STICKS W/LIGHT RANCH APPLESAUCE OR PEARS MILK VARIETY	16 BREADED FISH FILLET, W/G HAMBURGER BUN, W/G BAKED POTATO WEDGES GLAZED CARROTS BLUEBERRIES OR ASSORTED GRAISINS MILK VARIETY	17 MIXES BITES, W/G ROMAINE SALAD W/LIGHT RANCH CORN PEACH CUP OR PINEAPPLE CHUNKS MILK VARIETY
20 SHRIMP OPERS, W/G MAC & CHEESE, W/G CALIFORNIA BLEND MIXED VEGGIES CARROT STICKS W/LIGHT RANCH APPLE SLICES OR STRAWBERRIES MILK VARIETY	21 FRENCH TOAST STICKS, W/G SAUSAGE PATTY BAKED WEDGES ORANGE, FRESH OR FRUIT SLUSHIE MILK VARIETY	22 BREADED PORK PATTY, W/G HAMBURGER BUN, W/G SWEET WAFFLE FRIES CREAMY COLE SLAW ASSORTED GRAISINS OR MANDARIN ORANGES, LIGHT SYRUP MILK VARIETY	23 CHICKEN DRUMSTICK, W/G ROLL, W/G GLAZED CARROTS WHIPPED POTATOES & GRAVY KINTV, FRESH OR PEACH CUP NO BAKE COOKIE, W/G MILK VARIETY	24 PIZZA DIPPERS W/DIPPING SAUCE, W/G ROMAINE SALAD W/LIGHT RANCH GREEN BEANS GRAPES, FRESH OR APPLESAUCE MILK VARIETY
27 NO SCHOOL TODAY	28 BBQ RIB PATTY HAMBURGER BUN, W/G BAKED FRIES CORN MIXED BERRY CUP OR BAKED APPLES SUGAR COOKIE, W/G MILK VARIETY	29 CHICKEN NUGGETS, W/G ROLL, W/G WHIPPED POTATOES & GRAVY CHEEZY BROCCOLI STRAWBERRIES OR MELON, FRESH MILK VARIETY	30 HAM PATTY HAMBURGER BUN, W/G SWEET POTATO WAFFLE FRIES BAKED BEANS BANANA, FRESH OR MIXED FRUIT, LIGHT SYRUP MILK VARIETY	31 SCHOOL CHEESE PIZZA, W/G ROMAINE SALAD W/LIGHT RANCH CHERRY TOMATOES APPLE SLICES OR PEACHES, LIGHT SYRUP SHERBET CUP MILK VARIETY

**ALTERNATE MAIN ITEM**  
Garden Salad w/Roll OR Crustless  
PBJ & Cheese Stick offered  
everyday  
Mon., Wed., Fri., Hamburger Patty  
with WG Bun

**MILK VARIETY**  
Chocolate, Fat Free  
White Fat Free  
White, LoFat, 1%

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WEST DELAWARE MIDDLE SCHOOL

# SPIRIT WEEK

Outfits not following dress code need to be preapproved.  
**NO SWIMSUITS!!**

**OCT  
6**

## Dress like Royalty Day

Wear a tiara or crown, a sash, or don a full-on medieval king or queen costume



**OCT  
7**

## Adam Sandler Day

The vibe is laid back and low-effort. Think comfortable, carefree, retro, and humorous

**OCT  
8**

## Safari/Onesie Day

Dress as an adventurous explorer, a leopard, a tiger, your favorite animal onesie.



**OCT  
9**

## Ride or Tide Day

Inspired by the Teen Beach Movie, Are you a biker or beach-goer, what's your favorite attire?!

**OCT  
10**

## Spirit Day

Show your Hawk Pride  
Dress in all your orange and black



MIDDLE SCHOOL LIBRARY

# SCHOLASTIC BOOK FAIR

**October 1-2**

**Family Shopping**

1:30-6:30pm

(During Parent Teacher Conferences)

**October 1-9**

**Student Shopping**

8:00-3:00pm

**October 6-19**

**Online Shopping**

<https://bookfairs.scholastic.com/bf/westdelawaremiddle school>

All online orders ship home & book only orders of \$35 or more ship for free

## eWallet

- Set up an eWallet on book fair website
- Ask family & friends to add funds to eWallet account
- Allow your student to shop the book fair with their eWallet funds



# DELANEY'S *ice cream*

**October 1-2**

**LOCATED OUTSIDE  
MIDDLE SCHOOL DURING  
PARENT TEACHER CONFERENCE**

portions of sales will fund school based activities as  
a part of West Delaware's

*Together We Are  
Campaign*

**be kind  
to your  
mind**

West Delaware Together We Are

