



Palma School Newsletter

A monthly newsletter for the parents of Palma

OCTOBER 2022

The Men of Varsity Cross Country



What's Inside:

- Letter from the Principal
- Message from the Vice Principal
- CSF/Palma Scholars
- Palma Athletics
- Guidance Department
- Zoom Financial Aid Meeting
- College Fair 2022
- Parents' Club
- Day on the Green JHS Father/Son Event
- See's Candies Winter Fundraiser
- Poor Souls Submission Form
- NHS Tutors
- Free Flu Vaccination Clinic
- October Lunch Menu

Be powerful. Be a Chieftain.



Questions, comments or suggestions: please email marketing@palmaschool.org

schedule highlights

Monday, October 3

5:30p Athletic Council Meeting in CSC

Wednesday, October 5

6:00p Financial Aid for College Pres. (virtual)

Monday, October 10 (Indigenous Peoples Day)

No Classes - Quarter Break

Wednesday, October 12

PSAT for Grades 8-11: *Special Schedule*

Field Day for Grades 6-7

Senior Class Retreat

Friday, October 14

Senior and 8th grade gown measurements

Monday, October 17

6:30p Parents' Club Meeting in CSC

Wednesday, October 19

AM Red Day Schedule

Thursday, October 20

AM Gold Day Schedule

6:00p Parent-Teacher Conferences

Tuesday, October 25

College Fair in the Gym

Wednesday, October 26

8th Grade Retreat

4:00p Flu Vaccination Clinic in BDH

Sunday, October 30

12:00p Day on the Green JHS Father-Son Event

Monday, October 31 (Halloween)



From the Principal

Our challenge is how will we affirm our Latino students that they belong? How will we mentor, nurture, challenge them to become men of character — Hispanics who can be proud of their image and likeness of God?

Today marks a midway point in the celebration of Hispanic Heritage Month, begun in 1968 as Hispanic Heritage Week and then expanded in 1988 to span Sep. 15-Oct. 15. This is significant because Sep. 15 marks the beginning of several anniversaries of independence for Latin American countries: Guatemala, Honduras, El Salvador, Nicaragua and Costa Rica celebrate theirs on Sep. 15, followed by Mexico on Sep. 16, Chile on Sep. 18 and Belize on Sep. 21. In the U.S., Latinos are numbered around 62.1 million (Pew Research Center, 2020), which is up from 50.5 million in 2010. This makes some 51% of the nation's increase of 22.7 million people (2010-2020). Here many identify as both American **and** Latino. I can relate to this, as I am proud of my Mexican-Irish-American heritage. Are we Hispanics immigrants or "invaders" of the U.S.? No, four in five Hispanics in the U.S. are citizens. At Palma, 47.3% of our students self-identify as Hispanic / Latino, and we vary in our economic and geographic origins. *¡Que Viva Palma!* Our challenge is how will we affirm our Latino students that they belong? How will we mentor, nurture, challenge them to become men of character — Hispanics who can be proud of their image and likeness of God?

The Latino "community" worldwide has strong devotion to *La Virgen María*, the Mother of God, as do Catholics worldwide, and especially through the prayer of the holy rosary. Some have described the rosary as a spiritual weapon to counter the powers of darkness. Others depend on it for daily prayer and tranquil meditation, both public and private. It is used to center families grieving the loss of a loved one, particularly the afternoon or evening prior to a funeral Mass.

The rosary is not a form of idolatry; people don't use the rosary to pray to Mary. Rather, it is preferred to think of the rosary as an instrument for meditation that empowers us to pray with and through Mary. The rosary invokes the Mother of God to pray with and for us as we meditate on the sacred mysteries of the Gospel that surround the infancy and early life of Jesus (the Joyful Mysteries), Jesus' Passion and death (the Sorrowful Mysteries), the Resurrection of Jesus (the Glorious Mysteries), and the ministry of Jesus (the most recent Luminous Mysteries). As a mantra of repetitive prayers are recited (the Our Father, the Hail Mary and the Glory Be), believers meditate on these mysteries of the Gospel in order to engage the mind and soul for communion with God.

The Palma Family could use your prayer both in thanksgiving for many blessings and in petition for so many needs. I also ask that you keep me and all whom I serve here at Palma in your prayer. To facilitate some opportunities to gather in prayer, I am inviting anyone willing and able to join me in prayer on the Monday of each week of classes throughout October in our Bl. Edmund Rice Chapel for 20-25 minutes just after the last class of the day is dismissed. This way, even parents who pick up can join us if they so choose. For all of us, this devotion is a meager sacrifice and a source for spiritual strength and growth. Parents, teachers, staff, and students are all welcome to join me in the chapel:

Monday, Oct. 3 @ 2:40 pm (no prayer on Oct. 10 – no classes)

Monday, Oct. 17 @ 2:40 pm Monday, Oct. 24 @ 2:40 pm Monday, Oct. 31 @ 2:40 pm

If you cannot be with us physically at any of the above times, perhaps you might consider praying from wherever you are in solidarity with us at the above times? Please join me in commitment to prayer in a special way this month in solidarity with Christ, his mother Mary, and the strong legacy of prayer among Catholic schools. *Go Chieftains!*

Yours in Blessed Edmund Rice,

Mr. David J. Sullivan
Principal



Vice Principal's Office

Mr. Rob Viarengo '86
x220
viarengo@palmaschool.org

Special Schedule Wed., Oct. 12

Special Schedule - Wednesday, October 12

Due to standardized testing on Wednesday, October 12, Palma will be following a special schedule for different grade levels.

Grades 8 through 11 will take the PSAT, which is administered by the College Board across the country on this date. The test is norm-referenced for the respective grade levels and gives teachers and families insight into how students are performing compared to grade-level peers both statewide and nationally. The test also helps prepare students for standardized tests that continue to be part of the admissions process at a number of colleges and universities, particularly private schools. Juniors can qualify for National Merit Scholarships and other recognition. Administration of the test begins at 8:30 that morning and should be finished by 12:00 for most students and 1:45 for those approved for extra time by the College Board. It is very important that students be in their assigned room when testing administration begins (room assignments will be posted at the main office), so they should plan to arrive at school at least 10 minutes before the start of testing. As per College Board rules, students who arrive after work on the first section has begun cannot test and would need to be sent home for the day.

Because students in **grades 6 and 7** will not be testing, they will participate in a variety of learning and spirit-building activities on campus in areas away from the testing. They should arrive on campus at 8:30, assembling in Br. Dunne Hall, and be picked up at 12:30.

Students in **grade 12** will be participating in their class retreat. All seniors should be in the chapel by no later than 8:15. Students will return around 2:30 that afternoon. Please look for more information, including permission slips, that will be sent home during the week of Oct. 3.

For students who need to remain on campus, the Cislini Study Center will be open until 4:00 as usual and there will be limited cafeteria service (a la carte items only). Athletic practices may begin as soon as 1:00, depending on the availability of coaching staff for a particular sport; please watch for notifications from coaches.

- **8:15am** Arrival time for grade 12; assemble in the chapel
- **8:30am** Arrival time for grades 6 and 7; assemble in BDH
- **8:30am** Test administration begins for grades 8-11 (please arrive at least 10 minutes early)
- **12:00pm** Testing ends for grades 8-11 (regular testing)
- **12:30pm** Dismissal time for grades 6 and 7
- **1:45pm** Testing ends for grades 8-11 (those approved for extra time)
- **2:30pm** Grade 12 returns from retreat
- **4:00pm** Cislini Study Center closes



CSF stands for the California Scholarship Federation, whose mission is to recognize and encourage academic achievement among students in California. There are approximately 1500 chapters in schools throughout the state, and each chapter is composed of students who meet CSF eligibility requirements. Eligible students become members by submitting applications based on their semester grades, with good behavior another factor for qualification. Membership is for one semester, and membership drives are held each semester within established periods dictated by CSF bylaws.

Congratulations to the students below who had spring 2022 semester grades and behavior that qualified them to apply for membership and who also met the deadline for submitting an application. Students must reapply each semester they are eligible; the next application period will be in February based on the current semester's grades. Students can earn Life Membership by earning membership during four semesters in grades 10 through 12, one of which must be based on grades earned during senior year. If you have any questions regarding CSF, please contact Mr. Viarengo (viarengo@palmaschool.org).

Grade 10

Benjamin Alcantara	Mark Macias	Nicolas Pezzini	Dean Silacci
Brady Amaral	Sebastian Mazariegos	Jeremy Regalado	Griffin Stoffel
Dominic Chaidez	Eric McKay	Xavier Reinhardt	Lucas Umbarger
Boston Collins	Lucas Milburn	Luke Ruelas	Adrian Valadez
Benjamin Dalton	Jose Montes	Enrique Saavedra	Phillip Velasquez
Lukas Hell	Dan Nino	Maxwell Sanchez	Jaskaran Walia
Isidro Hernandez	Daniel Pedersen	Sebastian Sanchez	
James Hinkle	Ayden Perez	Garrett Schoeder	

Grade 11

Matthew Arbizu	Nicholas Dominguez	Noa Kawamoto	Gabriel Ovando
Nicholas Bengard	Thomas Ducker	Isaac Kelly	Caleb Romero
Keoni Bennett	Anmol Ghuman	Johannes Landis	Jacob Segura
Aaron Braasch	Dylan Jaynes	Drew Molinari	Jaden Soliz-Kincaid
Felix Cameron	Ian Jury	Jaideep Nahal	Nicolas Veliz IV
Tyler Cina	Luka Kawamoto	Thomas Nunes	Timothy Youssef
Roberto De León			

Grade 12

Kyle Abendano-Real	Bradley Collins	David Hodges	Owen Sargenti
Marc Asuncion	James Connors	Matthew Iverson	Anthony Secondo
Pierce Balestrieri	Matthew Cortez	Adán Magaña	Joseph Silacci
Henry Brown	Henry Cremers	Carl Nielsen	Sebastien Trinidad
Blake Butler	Jhovanni Cruz-Chavez	Suyesh Niraula	Logan Umbarger
Uriel Chavez	Elias Farotte-Kruchas	Sebastián Núñez	Brendan Watson
Caleb Chung	Aidan Freeman	Noah Olszanowski	Daniel Westing
Salvatore Cina	Logan Guerini	Tatum Sanders	



Chieftain Athletics

Mr. Rob Bishop
x229
bishop@palmaschool.org

Go Chieftains!

Chieftain athletics in October

October is a big month for Chieftain athletics. Our squads are in the middle of their seasons and heading into their most impactful contests in league play. Our Junior High cross country, volleyball and soccer teams are all doing well as they approach the finals. I encourage everyone to attend as many games as you can. The boys are aware of your presence and it makes a huge difference to know they have your support.



Winter sports reminder

If you plan on participating on a winter sports team, (*i.e.* basketball, soccer, wrestling) and haven't already done so, you will need to get your athletic clearance before the season begins. Visit www.homecampus.com. Click "For Students & Parents" and select "California." Returning users log into the existing account used the previous school year. New users need to create an account. Please register with a valid Parent/Guardian email address as the username and generate a password. Select "Start Clearance Here" and complete all of the required fields. Sign the documents by typing in an EXACT match of what is on the Student & Parent/Guardian page. Make sure to click "Save & Continue" after completing the files page to submit the clearance. Your clearance is ready for review by Palma School once you have reached the "Confirmation Message" page. YOU ARE NOT CLEARED YET. Palma must review and clear you. An email notification will be sent once you have been cleared for participation.

GET YOUR OFFICIAL PALMA GEAR HERE



Palma School Athletics App

contains schedules, rosters and updated scores. It is part of the "gochieftains" website. You find the app at Apple and android app stores or by scanning the QR code.



Put your name up in lights

Put your company name or family message on all three scoreboards. Your message could appear on the Jumbotron at Rabobank Stadium, on the Holaday Seed Scoreboard in the gym and on the 17-foot video scoreboard during contests on our track, field and baseball stadium. Contact Mr. Bishop at bishop@palmaschool.org for more details.

Get involved

There are a variety of ways the Palma community can participate at athletic events and we can never have too many volunteers. From helping out at games to providing the many hands needed at fund raising events, Palma parents are the ones who make athletics happen for our boys. Be reminded that all parents are encouraged to attend our monthly Athletic Council meetings. We would like at least one parent representative from each team, whether your sport is in or out of season, to join us. The next meeting is scheduled on Monday, October 3rd at 5:30pm in the Cislini Study Center. For more information please contact Mr. Bishop in the Athletics office.



For all of your daily athletic updates please follow me on twitter at [@Coach_Rbishop](https://twitter.com/Coach_Rbishop). I tweet upcoming game times for all sports each week as well as results and other fun information regarding Palma and Palma Athletics.



Guidance Department

Ms. Irina Short, Chair
x242
short@palmaschool.org

*Time for college-bound seniors
to make some decisions*

Financial aid presentation for seniors and their parents on October 5th

Palma and Notre Dame parents are invited to attend a Financial Aid Presentation on Tuesday, Oct. 5th at 6:00pm via Zoom. A financial aid officer, Marisela Gomez, from Inspired-edu will be present to explain the financial aid application process and answer questions for college-bound seniors and their families. The presentation will provide an overview of the Financial Aid programs available. Wondering what the FAFSA is? The Free Application for Student Aid is the financial aid form required by all colleges. Attend the Zoom meeting to learn how to fill out this form.

The presentation will provide an overview of the Financial Aid programs available. It will last approximately one hour. **Please create your FSA ID prior to the presentation.**

1. Create your FSA ID – Both the student and their parent need to complete this process to electronically sign the FAFSA. The California Dream Act application includes the prompts for setting up a State Student Aid PIN for electronic signatures.
2. You can go to the FAFSA link now and create your ID: <https://studentaid.gov/fsa-id/create-account/launch>

Here is the Zoom link:
<https://us06web.zoom.us/j/7256973211>

Other aid forms required by private colleges

Seniors applying to private colleges and universities should ensure that they complete all financial aid applications required by the school. Some private colleges require applicants to complete and submit the CSS Profile. For many colleges this form is due in early November. This form can be completed online at <http://profileonline.collegeboard.com/index.jsp>. Colleges that do not require the CSS Profile often require applicants to complete other university-specific financial aid forms. Check with the Admissions and Financial Aid

offices at the private colleges to which you are applying. Failure to do so could reduce the amount of financial aid you might receive.

PSAT testing for grades 8-11

GRADES 8-11 are required to sit for the PSAT on Wednesday, Oct. 12th. The test will end at approximately 11:45am for regular testing and 1:30pm for extended testing. All students will be dismissed for the day after the completion of the PSAT. Prepare for the PSAT/NMSQT by using the free resources that can be found on the student section of the College Board site: <http://www.collegeboard.com/student/testing/psat/prep.html>

Virtual and in-person college visits

Oct 4	8:30am	Ringling College of Art & Design <i>In-Person visit in CSC</i>
Oct 18	8:30am	University of Tennessee-Knoxville <i>Virtual visit in CSC</i>
Oct 27	10:00am	Binghamton University <i>Virtual visit in CSC</i>
Nov 1	9:15am	Syracuse University <i>In-Person visit in CSC</i>

Senior monthly reminder

- Finalize your college decisions.
- Prepare early decision, early action, or rolling admission applications.
- Complete the CSS/Financial Aid Profile if it is required by any of your selected colleges.

Future dates

- **Financial Aid Presentation** Wed., Oct 5 at 6:00pm
- **College Fair** Tues., Oct. 25 at 1:30-3:00pm in the Gym
- **Southern CA College Trip Mandatory Parent/ Student Meeting** Thurs., Dec. 1 at 6:00pm via Zoom
- **Southern CA College Trip** Tues., Feb. 14, 2023 - Sat. Feb. 18, 2023

Confused about the whole financial aid process for college? Wondering what's a FAFSA?



**Palma and Notre Dame parents and students
are invited to attend the**

Zoom Financial Aid Meeting

Wednesday, October 5th at 6:00pm

The Free Application For Student Aid (FAFSA) is the financial aid form required by all colleges. A financial aid officer, Marisela Gomez, from Inspired-edu will be here to explain the financial aid application process and answer questions for college-bound seniors and their families. The presentation will provide an overview of the Financial Aid programs available. Juniors and their parents may also find this presentation useful as they begin planning ahead for next year.

Here is the meeting link:

<https://us06web.zoom.us/j/7256973211>

2023-24 Financial Aid Application Cycle Opens on October 1

**Senior Parents Should Create Their FSA ID Prior to the
FAFSA Presentation on October 5th**

Both students and their parents need to complete this process to electronically sign the FAFSA. To create your's and your son's FSA ID, go to the FAFSA link at:

<https://studentaid.gov/fsa-id/create-account>

The California Dream Act application includes the prompts for setting up a State Student Aid PIN for electronic signatures

LIVE

IN PALMA'S GYM

COLLEGE FAIR 22

Tuesday, October 25 | 1:30-3:00pm

HERE IN ATTENDANCE

BIOLA UNIVERSITY	GRAND CANYON UNIVERSITY	UNIVERSITY OF ALABAMA
CAL LUTHERAN	HARTNELL COLLEGE	UNIVERSITY OF EXETER
CAL POLY SAN LUIS OBISPO	HIGH POINT UNIVERSITY	UNIVERSITY OF OKLAHOMA
CHAPMAN UNIVERSITY	LAFAYETTE COLLEGE	UNIVERSITY OF OREGON
CSU FRESNO	MICHIGAN STATE UNIVERSITY	UNIVERSITY OF PORTLAND
CSU MONTEREY BAY	MONTEREY PENINSULA COLLEGE	UNIVERSITY OF REDLANDS
CSU STANISLAUS	OREGON STATE UNIVERSITY	US AIR FORCE ROTC
DIGIPEN	PACIFIC NORTHWEST COLLEGE OF ART	WASHINGTON STATE UNIVERSITY
EHL AMERICAS	SAINT MARY'S COLLEGE OF CA	WENTWORTH INST. OF TECHNOLOGY (MA)
EVERGREEN STATE COLLEGE	SETON HALL UNIVERSITY	USMA WEST POINT
FIDM	UC DAVIS	WOODBURY UNIVERSITY
	UC SANTA CRUZ	

PLUS MATERIALS FROM

CSU CHICO	TEXAS TECH UNIVERSITY
CSU NORTHRIDGE	UNIVERSITY OF CHICAGO
DUKE UNIVERSITY	UNIVERSITY OF PUGENT SOUND
MARYVILLE UNIVERSITY	UNIVERSITY OF SOUTHERN CALIFORNIA
MISSOURI UNIVERSITY OF SCIENCE & TECHNOLOGY	UNIVERSITY OF TAMPA
PACIFIC UNIVERSITY	UNIVERSITY OF VERMONT

100% of Palma graduates who want to are able to attend college
80% matriculate to 4-yr universities upon graduating from Palma HS

Parents' Club

PARENTS' CLUB WEB PAGE: [HTTPS://PALMASCHOOL.ORG/PARENTS-CLUB/](https://palmaschool.org/parents-club/)
EMAIL: PARENTSCLUB@PALMASCHOOL.ORG



Last year's Day on the Green



Parent Meetup October 15th

Join other Palma parents on a relaxed hike/walk at the Fort Ord National Monument. We will meet at the Badger Hills Trailhead parking lot at 10:00am on Saturday, October 15th. See you there!

Parents' Club Monthly Meeting

Please join us for Parents' Club meetings at 6:30pm in the Cislini Study Center (CSC). The next meeting is on Monday, October 17th.

Day on the Green

Father-Son Event for Junior High Students

October 30th

\$10 per person
(includes bbq lunch)

12:00-5:00pm on Palma Football Field

1:25pm Kickoff – 49ers vs Rams Football Game

Shown on the 17-foot scoreboard!

**BBQ, fun games
& activities, too!**

Bring
your lawn chairs or
picnic blanket

For more information, contact John Silva

(831) 262-7007 or email: parentsclub@palmaschool.org



CLICK HERE TO PURCHASE TICKETS



Dear Parents, Students and Friends of Palma:

Palma Parents' Club is beginning our annual See's Candies Winter Fundraiser. We choose See's because of its fine reputation for quality. This year our See's fundraiser continues to be online.

Since all students benefit from our fundraiser, we would greatly appreciate your family's participation. You can help us by encouraging your son to take orders from friends, relatives, and neighbors (feel free to forward this flyer and online store link or place an order for those who aren't online). We would also appreciate you **reaching out to co-workers and business associates** and remind you to **order a few extras for holiday gift exchanges**, teacher or coach thank you gifts and to avoid being caught empty handed for last-minute gift givers. Has this ever been easier?



To browse our store: [**CLICK HERE TO ACCESS PALMA'S SEE'S ONLINE STORE**](#)

OPEN NOW!

ONLINE STORE CLOSURES: Wednesday, November 30, 2022

Your order will be shipped directly from See's to the address you provide. There are no minimum orders.

Orders will start shipping on November 10, 2022 and after that date will be shipped as soon as the order is placed. Shipping is valid within the continental U.S., Alaska, and Hawaii.



Candy Value per Recipient	Ground Shipping Cost (Takes up to 6 business days)
Up to \$39.99	\$7.95
\$40.00-\$69.99	\$5.95
\$70.00 +	FREE

Thank you for helping to make our fundraiser a BIG success!

Any questions?

**Please call or text Louise Bengard at (831) 595-8481
or e-mail Lbengard@mac.com**

Poor Souls



Remember our brothers and sisters who have gone to their rest in the hope of rising again.

Please send us the names of your deceased loved ones by the end of October. They will be placed on the altar in the Blessed Edmund Rice Chapel and will be remembered in reverence and prayer when the Palma Christian Brothers, faculty and students gather for daily Mass and prayers during the month of November. You can use this form dropped off in the basket in the Chapel foyer by the end of October or email the names to stebbins@palmaschool.org. Please use "Poor Souls" in the subject line. *Thank you.*



National Honor Society Tutoring is Available!

The Palma Chapter of the National Honor Society (NHS) is providing on-campus tutoring for any student who would benefit from additional help outside the classroom. Palma's NHS members are Juniors and Seniors with a cumulative G.P.A. of 3.5 or higher who are committed to serving fellow Chieftains as peer tutors. Those who would like to receive tutoring help simply go to the Quiet Study Area of the Study Center and look for the "NHS Tutor" signs on the tables where tutors are waiting. If the tutoring session is successful, the student can arrange for additional tutoring on a regular basis.



**Tutoring is available in the Cislino Study Center
Monday-Thursday after 2:45pm**

THE FLU & COVID-19 END WITH YOU!

FREE

FLU & COVID-19 VACCINE



Palma School in collaboration with the Monterey County Health Department & Salinas Valley Memorial Healthcare System will be holding a **NO COST** Community Flu & COVID-19 Vaccine Clinic open to the public available for age 6 months and above (all children 18 & under must be accompanied by a parent or guardian)

To help us enforce social distancing, please limit those attending to only individuals receiving the vaccine(s). Masks will be required.

GET VACCINATED

Wednesday, October 26, 2022

4:00-7:00 p.m.

@ PALMA SCHOOL

Brother Dunne Hall

919 Iverson Street, Salinas, CA

PALMA SCHOOL
KNOWLEDGE • SERVICE • LEADERSHIP



Salinas Valley
Memorial
Healthcare System

PALMA SCHOOL LUNCH MENU

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
\$8 3 Chicken strips with French fries or chef's salad	\$8 4 Chile verde burrito with rice, beans & cheese or hot dog wrapped in bacon (\$7)	\$8 5 Orange chicken with white rice or steak Caesar salad	\$8 6 BBQ tri tip sandwich with grilled onions and cheese or tuna salad with vinaigrette or ranch	\$8 7 Buffalo wings with French fries or bacon turkey sandwich with lettuce, tomato & cheese
10 INDIGENOUS PEOPLES DAY NO CLASSES	\$7 11 Pepperoni pizza or chef's salad (\$8)	12 PSAT TESTING Special Schedule	\$8 13 Asada fries or Chicken Caesar salad	\$8 14 Buffalo wings with French fries or bacon chicken sandwich with lettuce, tomato & cheese
\$8 17 Chicken fried rice or Chile verde burrito with rice beans & cheese	\$8 18 Beef quesadilla with salsa or teriyaki wings with French fries	\$8 19 Chicken strips with French fries or chef's salad	\$8 20 Buffalo wings with French fries or carnitas burrito with rice, beans & cheese	\$7 21 Pepperoni pizza or chef's salad (\$8)
\$8 24 Buffalo wings with French fries or bacon chicken sandwich with lettuce, tomato & cheese	\$7 25 Pepperoni pizza or chicken Alfredo with garlic bread (\$8)	\$8 26 Beef stir fry with French fries or chicken Caesar	\$8 27 Chicken strips with French fries or chef's salad	\$7 28 Pepperoni pizza or chef's salad (\$8)
\$8 31 Buffalo wings with French fries or bacon turkey sandwich with lettuce, tomato & cheese				

Daily Breakfast		Daily Lunch		Beverages, Sides & Treats	
Breakfast Burrito <i>egg, cheese & sausage or chorizo</i>	\$6	Hamburger	\$7	Bottled Water	\$1
Breakfast Sandwich <i>egg, cheese, ham, tomato on sourdough</i>	\$6	Cheeseburger	\$8	La Croix	\$1
French Toast	\$6	French Fries	\$2	Gatorade, Vitamin Water, etc.	\$2
Pancakes (2)	\$5	Turkey & Cheese Sandwich	\$7	Chips	\$1
Muffin or Pastry	\$2	Ham & Cheese Sandwich	\$7	Cookie	\$1
Grilled Bagel <i>with cream cheese</i>	\$2	<i>All sandwiches served with lettuce, tomato and onion</i>		Muffin, Bread, Pastry	\$2

We accept cash, debit/credit cards, Apple Pay and Google Pay. There may be substitutions due to supply issues.