



# Carihi Announcements

Friday, September 22nd, 2023

Good Morning, Bonjour, Buenos Dias and Gilakas'La Carihi

## SCHOOL PHOTO DAY: Tuesday, October 17th

### Carihi Clothing:

Want some Carihi shwag? Carihi clothing is on sale until October 5th! Forms can be found around the school and at the office. Payments can be made at the office or online through the Carihi website. See Ms. Perras in F102 for limited sample sizes available.



### Carihi Drumming Group:

Reminder to those students who are in the drumming group with Will Henderson, our first practice will be today at 12 noon in the band room. Please see Jodi or Natasha in E124 if you need more information.



### Carihi Swim Team

Any competitive swimmers interested in competing at the Vancouver Island School Swimming Championship please come to a quick meeting in E110 at lunch today.

### Grade 9 & 10 Boys Basketball:

Grade 9 & 10 boys basketball members, reminder that there is basketball after school today!

### Writing Contests:

There are two writing contests coming up. One is the Terrifying Tales youth writing contest being held by the Vancouver Island Regional Library. Submit your scariest poems and stories to win prizes and possibly get published. The other is from the BC Federation of Writers who are seeking submissions for a youth edition of their monthly magazine on the theme "Practice Makes Progress". Posters with more details can be found in the Learning Commons, or see Ms. Lapointe for more details.





# CARIHI KITCHEN

## Wraps

Crunch Chicken Wrap \$4.50

Chicken, Tomato, Lettuce, Cheese, Ranch

Spicy Crunchy Chicken Wrap \$4.50

Chicken, Tomato, Lettuce, Cheese, Ranch, Hot Sauce

Vegan Wrap \$4.50

Curried Sweet Potato & Chickpea

## Pizza

\$2.00 per slice

Cheese—Marinara & Mozzarella

Pepperoni—Marina, Mozzarella & Pepperoni

## Fries

Small \$3.00

Large \$4.00

Poutine Small \$4.50

Poutine Large \$5.50

## Soup, Sandwich & Salads

**Soup of the day:** Mushroom and Lentil or  
Potato Bacon with dinner bun \$3.00

**Feature Salad \$3.50**

**Feature Sandwich:**

Grilled Cheese & Ham \$4.00

## Combination Deals

Sandwich & Soup \$5.00

Sandwich & Salad \$5.00

Salad & Soup \$5.00

## Meal of the Week \$5.00

Lasagna (Vegetarian or Meat)

Served with Caesar salad & crazy bread

## From the Bakeshop

Chocolate Chip Cookie \$1.00

## Drinks

PowerAid/Gatorade \$2.50

Canned Drinks \$2.00

