

# Wednesday, March 21, 2018

**Cardinal Coop Athletic Banquet** to be held March 26 @ 6:30 in the Langdon HS gym. Those invited include any Elementary & HS sports (fall, winter & spring) - athlete and their parents. A meal will be served and then recognition and awards to follow.

## **BREAKFAST & LUNCH**

### **Today:**

- hamburger gravy, mashed potatoes, carrots, dinner rolls, salad & sauce

### **Thursday:**

- **Breakfast**-omelets, toast, juice & fruit
- **Lunch**-Kristina's Meal: lasagna, bread sticks, green beans, salad, sauce & fruit

## **THIS WEEKS ACTIVITIES**

### **Wednesday:**

- Driver's Education 3:30-6:30

#### **Practices:**

- Track @ LHS
- Baseball @ LHS

### **Thursday:**

#### **Practices:**

- Track @ LHS
- 3 & 4 VB @ LES
- Baseball @ LHS

### **Friday:**

- End of 3<sup>rd</sup> Qtr.

#### **Practices:**

- Track @ LHS
- Baseball @ LHS

### **Saturday:**

#### **Games:**

- Track (V) @ UND 1:00

Any girls in grades 7-9 interested in finding out more about or attending the "**Expanding Your Horizons**" Conference at NDSU on April 7, please see Mrs. Henry.

**Have a great day!!**