

Monday, October 23, 2017

MNF booklet winner for October 16 Colts vs. Titans: Sunny Johnson

BREAKFAST & LUNCH

Today:

- taco salad, lettuce, cheese, corn, Spanish rice, salad & sauce

Tuesday:

- **Breakfast**-cereal, juice & fruit
- **Lunch**-chicken burger, chips, beans, salad & fruit

THIS WEEKS ACTIVITIES

Monday:

Games:

- **C VB @ Park River Jamboree**

Practices:

- JH VB @ LAC
- V VB @ LHS
- JV/V FB @ LFF
- 5 & 6 BBB @ LES
- XC @ LHS

Tuesday:

- **ASVAB**

Games:

- **JH, JV & V VB @ Rolette 5:00**
- **5 & 6 BBB @ Rolla 5:00**

Practices:

- JV/V FB @ LFF
- XC @ LHS

Wednesday:

- **FCCLA @ Devils Lake**

Practices:

- JV/V FB @ LFF
- JH VB @ LAC
- V VB @ LHS
- XC @ LHS

Thursday:

Games:

- **5 & 6 BBB @ Langdon vs Cavalier 5:00**
- **JV & V VB @ Langdon vs Lakota 6:00**

Practices:

- JH VB @ LAC
- JV/V FB @ LFF
- XC @ LHS

Friday:

- **End of 1st Qtr.**

Practices:

- 5 & 6 BBB @ LES
- JV/V FB @ LFF
- JH VB @ LAC
- V VB @ LHS

- XC @ LHS

Saturday:

Games:

- XC State @ Valley City 2:00
- 5 & 6 BBB @ Park River Jamboree

Have a great day!!