

# Thursday, October 26, 2017

Good luck to the 5 & 6 BBB & volleyball teams today.

**Red Ribbon Week:** Your Future Is Key, So Stay Drug Free TM - Celebrate Red Ribbon Week (October 23-31).

- It's Red Ribbon Week® and I am taking a stand against drugs. Join me. Take the pledge: [www.redribbon.org/pledge](http://www.redribbon.org/pledge)

## **BREAKFAST & LUNCH**

**Today:**

- chicken tortilla soup, assorted sandwiches, tortilla chips, salad & sauce

**Friday:**

- **Breakfast**-yogurt, toast, fruit & juice
- **Lunch**-wraps, macaroni salad, pretzels, salad & fruit

## **THIS WEEKS ACTIVITIES**

**Thursday:**

**Games:**

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

**Practices:**

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

**Friday:**

- **End of 1<sup>st</sup> Qtr.**

**Practices:**

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

**Saturday:**

**Games:**

- **V FB @ Langdon vs Ellendale/Edgeley 2:00**
- **XC State @ Valley City 2:00**
- **5 & 6 BBB @ Park River Jamboree**

Have a great day!!