

# Monday, March 4, 2019

Good luck to the BBB team tonight.

Congratulations to the Lady Cards on their 5<sup>th</sup> place finish at the State Tournament.

Congratulations to Callie Ronningen on being named to the State B All-Tournament Team.

## **Breakfast & Lunch**

### **Today:**

- chicken nuggets, rotini, corn, bread, salad & sauce

### **Tuesday:**

- **Breakfast**-oatmeal, toast, juice & sauce
- **Lunch**-pulled pork, sweet potato fries, beans, salad & sauce

## **THIS WEEKS ACTIVITIES**

### **Monday:**

#### **Games:**

- BBB Regionals @ Devil Lake vs New Rockford/Sheyenne 4:30

#### **Practices:**

- 4<sup>th</sup> VB @ LES

### **Tuesday:**

#### **Games:**

- BBB Regionals @ Devil Lake

#### **Practices:**

- 4<sup>th</sup> VB @ LES

### **Wednesday:**

- POD Jrs/Srs @ Bismarck

#### **Practices:**

- Track @ LHS

### **Thursday:**

#### **Games:**

- BBB Regionals @ Devils Lake

#### **Practices:**

- 4<sup>th</sup> VB @ LES
- Track @ LHS

### **Friday:**

- Academic Olympics @ Park River

#### **Practices:**

- Track @ LHS

### **Saturday:**

- PROM @ Langdon

Any 16 and 17 year olds interested in winning an educational trip to Washington DC, sponsored by Polar Communication, please see Mrs. Henry for information.

Have a great day!