

# Thursday, March 21, 2019

Last day to sign up for trap/skeet shooting is March 22.

Cardinal Athletic Banquet: Thursday, March 28<sup>th</sup> @ LHS 6:30 – all parents and athletes invited

Lake Region State College is having a campus preview day Saturday, April 13 from 1-4 pm. Pre-register online at [www.lrsc.edu](http://www.lrsc.edu) - search Campus Preview Days and receive a free t-shirt.

Questions? Call Lake Region State College at 1-800-443-1313 ext. 21677

## **Breakfast & Lunch**

### **Today:**

- chicken breast, roasted potatoes, carrots, bread, salad & sauce

### **Friday:**

- **Breakfast**-French toast casserole, fruit & juice
- **Lunch**-cheese pizza, green beans, salad & fruit

## **THIS WEEKS ACTIVITIES**

### **Thursday:**

#### **Practices:**

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

### **Friday:**

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

#### **Practices:**

- Track @ LHS

### **Saturday:**

#### **Games:**

- Track Meet @ Grand Forks 3:45

## **NEXT WEEKS ACTIVITIES**

### **Monday:**

#### **Practices:**

- Track @ LHS
- Baseball @ LHS

### **Tuesday:**

#### **Games:**

- Track Meet @ Belcourt 1:00

#### **Practices:**

- Baseball @ LHS

### **Wednesday:**

#### **Practices:**

- Track @ LHS
- Baseball @ LHS

### **Thursday:**

- Scrubs Camp 5<sup>th</sup> Grade @ Devils Lake
- Athletic Banquet @ LHS 6:30

#### **Practices:**

- Track @ LHS
- Baseball @ LHS

**Friday:**

- Vocal Contest @ Leeds

**Practices:**

- Track @ LHS
- Baseball @ LHS

Have a great day!