

Friday, March 22, 2019

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

Cardinal Athletic Banquet: Thursday, March 28th @ 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 - 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:

- cheese pizza, green beans, salad & fruit

Monday:

- **Breakfast**-yogurt, fruit, toast & juice
- **Lunch**-chicken fajitas, Spanish rice, corn, salad & sauce

THIS WEEKS ACTIVITIES

Friday:

- End of 3rd 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 5th 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!