

Monday, April 29, 2019

Breakfast & Lunch

Today:

- chicken breast, baked potato, dinner roll & salad

Tuesday:

- **Breakfast**-yogurt, toast, fruit & juice
- **Lunch**-pulled pork, sweet potato fries, beans, salad & fruit

THIS WEEKS ACTIVITIES

Monday:

Practices:

- Track @ LHS
- Baseball @ LHS
- Shooting Sport @ Edmore

Tuesday:

Games:

- Baseball (JV) @ Grafton 4:30
- Baseball (V) @ Langdon vs Grafton 4:30

Practices:

- Track @ LHS

Wednesday:

- **Mental Health Fair @ Langdon (6-12 grade)**
- **Early Out 2:00**

Practices:

- Track @ LHS
- Baseball @ LHS

Thursday:

Games:

- Track @ Cavalier 3:00
- Baseball (JV,V) @ Langdon vs Midway/Minto 4:30

Practices:

- 5th VB @ LAC

Friday:

Games:

- Baseball (JV) @ Park River 4:30

Practices:

- Track @ LHS

Saturday:

- State Music @ Bismarck

Have a great day!