

Thursday, August 23, 2018

Breakfast & Lunch

Today:

- pizza, green beans, salad & fruit

Friday:

- **Breakfast**-yogurt, toast, sauce & juice
- **Lunch**-chicken nuggets, rotini, dinner roll, salad & sauce

THIS WEEKS ACTIVITIES

Thursday:

Practices:

- XC @ LHS
- JH, JV, V FB @ LHS
- JH VB @ LAC
- V VB @ LHS
- 4-6 FB @ LHS 4:45
- 5 & 6 GBB @ LES

Friday:

Practices:

- XC @ LHS
- JH, V FB @ LHS
- JH VB @ LAC
- V VB @ LHS
- 5 & 6 GBB @ LES

Saturday:

Games:

- V VB @ Northern Cass Tournament
- XC @ Jamestown 11:00
- V FB @ Langdon vs Lisbon 2:00

Have a great day!!