

# Friday, August 24, 2018

Health Career Day at NDSCS October 4 in Wahpeton. Open to all students and parents. Pre-register @ 1-800-342-4325 ext. 3-2981 or @ alliedhealthcareers@ndscs.edu. See flyer on bulletin board in entry or ask Mrs. Henry for more information.

## **Breakfast & Lunch**

### **Today:**

- chicken nuggets, rotini, dinner roll, salad & sauce

### **Monday:**

- **Breakfast**-omelet, toast, sauce & juice
- **Lunch**-chicken hotdish, green beans, dinner roll, salad & fruit

## **THIS WEEKS ACTIVITIES**

### **Friday:**

#### **Practices:**

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

### **Saturday:**

#### **Games:**

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

## **NEXT WEEKS ACTIVITIES**

### **Monday:**

#### **Games:**

- **FB (JH,JV) @ Walhalla 4:30**

#### **Practices:**

- XC @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS
- GBB (5&6) @ LES
- FB (4-6) @ LHS 5:00

### **Tuesday:**

#### **Games:**

- **VB (7,7red,8,JH,C) @ Devils Lake**

#### **Practices:**

- XC @ LHS
- FB (JH,JV,V) @ LHS
- VB (V) @ LHS
- GBB 5&6) @ LES
- FB (4-6) @ LHS 5:00

### **Wednesday:**

#### **Practices:**

- XC @ LHS
- FB (JH,JV,V) @ LFF
- VB (JH) @ LAC
- VB (V) @ LHS

### **Thursday:**

#### **Games:**

- **VB (7,8,C,JV,V) @ Langdon vs Cavalier 4:00**
- **XC @ Northwood 4:00**

#### **Practices:**

- **FB (JH,JV,V) @ LHS**
- **GBB (5&6) @ LES**
- **FB (4-6) @ LHS 5:00**

### **Friday:**

#### **Games:**

- **FB (V) @ Langdon vs Rugby 7:00**

#### **Practices:**

- **XC @ LHS**
- **VB (JH) @ LAC**
- **VB (V) @ LHS**
- **GBB (5&6) @ LES**

Have a great day!!