

Monday, October 8, 2018

Good luck to the JH & JV FB teams today.

Breakfast & Lunch

Today:

- spaghetti with meat sauce, green beans, garlic toast, salad & sauce

Tuesday:

- **Breakfast**-oatmeal, toast, fruit & juice
- **Lunch**- pulled pork, French fries, salad, fruit & beans

THIS WEEKS ACTIVITIES

Monday:

Games:

- **FB (JH) @ Cavalier 4:30**
- **FB (JV) @ Park River 5:00**

Practices:

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

Tuesday:

- **College Application Month BND – 12th grade AM**
- **Reggie Jackson – 12:15**

Games:

- **VB (7red,8,C,JV,V) @ Edmore vs Dakota Prairie 4:00**

Practices:

- XC @ LHS
- FB (V) @ LHS
- BBB (5&6) @ LES

Wednesday:

Practices:

- XC @ LHS
- FB (V) @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

Thursday:

Games:

- **VB (C,JV,V) @ Langdon vs Harvey/WC 5:00**
- **XC @ Cooperstown 4:00**

Practices:

- XC @ LHS
- FB (V) @ LHS
- BBB (5&6) @ LES

Friday:

Games:

- **FB (V) @ Park River 7:00**

Practices:

- XC @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

- BBB (5&6) @ LES

Saturday:

Games:

- VB (7,8,JH) @ Park River Tournament
- BBB (6th) @ Minto Jamboree

There is a Fall Open House for anyone interest in Bismarck State College on October 19 from 10:30-2:30 at the National Energy Center of Excellence in Bismarck. Register today @ bismarckstate.edu/openhouse. Contact Mrs. Henry for more information if you have any questions.

Have a great day!!