

Monday, October 22, 2018

Breakfast & Lunch

Today:

- fajitas, Spanish rice, corn, salad & sauce

Tuesday:

- **Breakfast**-oatmeal, toast, fruit & juice
- **Lunch**-chicken burger, French fries, salad, fruit & beans

THIS WEEKS ACTIVITIES

Monday:

Practices:

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

Tuesday:

Games:

- VB (JH,C,JV,V) @ Langdon vs Rolette 4:00
- BBB (5&6) @ Munich vs Rolla 4:30

Practices:

- XC @ LHS
- FB (V) @ LHS

Wednesday:

Practices:

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

Thursday:

Games:

- VB (JV,V) @ Lakota 6:00

Practices:

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

Friday:

- End of 1st Qtr.

Games:

- VB (C) @ Langdon vs Cavalier 5:30
- BBB (5&6) @ Cavalier 5:00

Practices:

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

Saturday:

Games:

- BBB (5&6) @ Park River Jamboree

- XC State @ Jamestown 11:00
- FB (V) @ Langdon vs Kindred 2:00

Have a great day!!