

# Thursday, October 25, 2018

Good luck to the VB teams tonight

## Breakfast & Lunch

### **Today:**

- Meal of the Month: grilled chicken breast, roasted potatoes, bread, salad & sauce

### **Friday:**

- **Breakfast**-toast, fruit, yogurt & juice
- **Lunch**-knoephla soup, assorted sandwiches, crackers, salad & sauce

## THIS WEEKS ACTIVITIES

### Thursday:

#### **Games:**

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

#### **Practices:**

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

### Friday:

- End of 1<sup>st</sup> 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!!