

Thursday, August 22, 2019

Breakfast & Lunch

Today:

- pizza, green beans, salad & fruit

Friday:

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

THIS WEEKS ACTIVITIES

Thursday:

Practices:

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

Friday:

Games:

- FB (V) @ Langdon vs Northern Cass 7:00

Practices:

- JH VB @ LHS
- V VB @ LHS
- 5 & 6 GBB @ LES

Saturday:

Games:

- VB (V) @ Thompson Scrimmage

Have a great day!!