

Monday, October 21, 2019

Breakfast & Lunch

Today:

- taco in a bag, shredded lettuce & cheese, corn, salad & sauce

Tuesday:

- **Breakfast**-cereal, sauce & juice
- **Lunch**-chicken burger, chips, beans, salad & fruit

THIS WEEKS ACTIVITIES

MONDAY:

- Reggie Jackson – meet with Soph/Srs 2:30

Games:

- VB (7,8,C,JV,V) @ Park River 4:00

Practices:

- FB (V) @ LHS
 - BBB (6th) @ LES
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TUESDAY:

- Dimes, Dollars & Decisions Presentation @ Langdon 1:30 (grades 6-9)

Games:

- VB (JH,C,JV,V) @ Edmore vs New Rockford/Sheyenne 4:00

Practices:

- FB (V) @ LHS
 - BBB (6th) @ LES
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WEDNESDAY:

- FCCLA @ Grand Forks

Practices:

- FB (V) @ LHS
 - VB (V) @ LHS
 - VB (JH) @ LAC
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THURSDAY:

Games:

- VB (C,JV,V) @ Harvey/WC 5:00
- BBB (6th) @ Cavalier 5:00

Practices:

- FB (V) @ LHS
 - VB (JH) @ LHS
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FRIDAY:

- End of 1st Quarter
- Reggie Jackson – pick up orders 2:30

Games:

- VB (C,JV,V) @ Langdon vs St John 4:45
- BBB (6th) @ Grafton 4:30

Practices:

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

SATURDAY:

Games:

- FB (V) @ Langdon vs Northern Cass 1:00
- BBB (6th) @ Park River Jamboree

Have a great day!!