

Tuesday, October 22, 2019

Keep a Cap on Drugs! On Thursday, October 24, bring \$1 to be donated to an anti-drug program and you can wear a hat to school all day.

Breakfast & Lunch

Today:

- chicken burger, chips, beans, salad & fruit

Wednesday:

- **Breakfast**-cinnamon rolls, fruit & juice
- **Lunch**-scalloped potatoes with ham, carrots, bread, salad & fruit

THIS WEEKS ACTIVITIES

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

WEDNESDAY:

- FCCLA @ Grand Forks

Practices:

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

THURSDAY:

Games:

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

Practices:

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

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
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Have a great day!!