

Monday, March 9, 2020

Spring Sport Parent Meeting @ LHS on Monday, March 16th - 6:00

Congratulations to the Lady Cardinals – STATE CHAMPIONS!!

Congratulations to Callie Ronningen & Morgan Freije on being named to the All-Tournament Team!!

Congratulation to Callie on being named ND Senior Athlete of the Year and State Tournament MVP!!

Breakfast & Lunch

Today:

- Jadyn's Meal: pancakes, egg & sausage patty, bananas, strawberries, salad & sauce

Tuesday:

- **Breakfast**-caramel rolls, juice & sauce
- **Lunch**-baked potato, chili, broccoli cheese, ham, cheese, salad & fruit

THIS WEEKS ACTIVITIES

MONDAY:

Games:

- BBB Regionals @ Devils Lake vs Benson County 4:30

Practices:

- 3rd VB @ LES
- Track @ LHS

TUESDAY:

Games:

- BBB Regionals @ Devils Lake

Practices:

- 3rd VB @ LES
- Track @ LHS

WEDNESDAY:

Practices:

- Track @ LHS

THURSDAY:

Games:

- BBB Regionals @ Devils Lake

Practices:

- 3rd VB @ LES
- Track @ LHS

FRIDAY:

- End of 3rd Quarter
- Academic Challenge @ Langdon

Practices:

- Track @ LHS

Have a great day!!