

Monday, September 16, 2019

Homecoming T-Shirt order forms are due September 18th.

Breakfast & Lunch

Today:

- taco salad, shredded lettuce & cheese, corn, salad & sauce

Tuesday:

- **Breakfast**-omelet, toast, fruit & juice
- **Lunch**-baked potato bar with chili, broccoli cheese, ham, shredded cheese, bread, salad & fruit

THIS WEEKS ACTIVITIES

Monday:

Games:

- **FB (JH,JV) @ Langdon vs Bottineau 5:00**
- **GBB (5&6) @ Cavalier 5:00**

Practices:

- FB (5&6) @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

Tuesday:

- **Writers' Conference @ LRSC – Juniors**

Practices:

- FB (JH,V) @ LHS
- FB (5&6) @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS
- GBB (5&6) @ LES

Wednesday:

- **College & Career Fair @ LRSC – Sophomores & Juniors**
- **FCCLA Meeting @ Grand Forks**

Practices:

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

Thursday:

Games:

- **VB (7,8,C,JV,V) @ Langdon vs North Border 4:00**
- **GBB (5&6) @ Munich vs North Star 4:30**

Practices:

- FB (JH,JV,V) @ LHS
- FB (5&6) @ LHS

Friday:

Games:

- **FB (V) @ Langdon vs Harvey/WC 7:00**

Practices:

- VB (JH) @ LAC
- VB (V) @ LHS
- GBB (5&6) @ LES

Saturday:

Games:

- **FB (5&6) @ Park River Jamboree**
- **VB (7,8) @ Langdon Tournament**
- **VB (V) @ Valley City Tournament**

17th Annual Health Career Day

NDSCS - Wahpeton

October 3, 2019

9:00am-12:00pm

Must preregister

See poster or Mrs. Henry for more information.

Have a great day!!