

**September 28, 2023**

**Sr. Girls Volleyball-** came up just short of the comeback. Losing in 5 sets also to a strong SPA team. No practice today

**Jr. Boys Volleyball-** Travel to ABJ today for their game at 5:30. Bus leaves at 4:15

**Jr. Girls Volleyball-** travel to Jasper Place for their game at 6:30 vs the Rebels. Bus will leave at 4:45. GoodLuck falcons!

**Cross Country -** Some great runs at the Rundle meet last evening!! NO PRACTICE today. Individual runs tonight and Saturday. Practice after school Monday.

**Cafeteria**

Week 3 2023-2024	Monday	Tuesday	Wednesday	Thursday	Friday
Soup \$3 Med/ \$5 Large		Italian Wedding	Cream of Broccoli	Mushroom Soup	
Entrée \$10.00	Sweet and Sour Meatballs w/ rice pil- af & vegetables	Hunter Chicken w/ mashed potatoes and peas		Steak Sandwich w/ fries OR salad	Fish & Chips w/ salad and tartar sauce
Salad Bar \$3.50 Small \$5.50 Med \$7.50 Large	Southwestern Black Bean Macaroni Salad	Fruit salad Greek Salad	Assorted	BLT Salad Deviled Eggs	Assorted
Short Order \$8		Eggs Benedict w/ hashbrowns & fruit garnish	Chicken Fig Brie Sandwich w/ soup OR salad	Beef Taco Salad w/ crispy tortilla bowl	Loaded Nachos w/ salsa & sour cream
Meal of the Day \$7	Chicken Fingers(3) & Fries w/ dipping sauce	Poutine	Chinese Food	Poutine	Penne Alfredo Pasta w/ garlic toast
Daily Special \$6				Spicy Chicken Sandwich	
Fast Food \$4.00			Cheeseburger		PIZZA Pepperoni Hawaiian Cheese
Build Your Own Wrap, Salad or Tortilla Bowl \$7	Crispy Chicken Grilled Chicken Taco Meat				
Dessert \$1.25 - \$2.50	Assorted	Assorted	Assorted	Assorted	Assorted



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