



## WEEKLY LUNCH MENU

### MONDAY

CHICKEN SANDWICH\*LETTUCE & TOMATO\*POTATO WEDGES\*GRAPES\*SANDWICH  
BAR\*HAMBURGER BAR\*LOW FAT MILK

### TUESDAY

HOT ITALIAN SUB\*BAKED BEANS\*CUCUMBERS\*MIXED FRUIT\*SANDWICH BAR\*SALAD BAR\*LOW FAT  
MILK

### WEDNESDAY

SOFT TACO\*SPANISH RICE\*CORN\*APPLESAUCE\*SANDWICH BAR\*POTATO BAR\*LOW FAT MILK

### THURSDAY

SPAGHETTI\*FRESH SALAD\*PEARS\*CORNBREAD BITES\*SANDWICH BAR\*SALAD BAR\*LOW FAT MILK

### FRIDAY

PANCAKES\*HASH BROWN\*RED PEPPERS\*SAUSAGE\*MANDARIN ORANGES\*SANDWICH BAR\*NACHO  
BAR\*LOW FAT MILK

## Seniors

Seniors, If you haven't ordered your cap and gown yet, please see the Registrar, Mrs. Weatherford in the registrar's office to get that ordered as soon as possible.

# District Speec

We had 8 students qualify for State Speech (in Coeur d' Alene in a couple of weeks).

Please congratulate the following:

After Dinner Speaking: Kira Phillips & Alaina Shillig

Dramatic Interpretation: Coltin Vinson

Humorous Interpretation: Jefferson Gadd Calista McDonald Gavin Lloyd

Original Oratory: Victoria Wai

Panel Speaking: Dillon Sanders Retold

Storytelling: Calista McDonald

## Cheer Open Gym Dates and Tryouts for 2023/2024

There will be 2 open gym cheer dates. April 5th and 12th in the upper gym at 4:00-5:30 TRYOUT FOR CHEER DATES: APRIL 19TH, APRIL 20TH AND APRIL 21ST IN UPPER GYM AT 4:30 TO 6:30! Thank you!

## Dance Tryouts

Dance Tryouts will be on May 6th from 9:00-3:00. The first part of the day from 9:00-12:00 will be a clinic on dance. Tryouts will follow after lunch from 1:00-3:00. Please spread the word!!

## ACTIVITIES FOR THE WEEK

### MONDAY

JAZZ FESTIVAL @ MINICO SYNERGY SUPERSTAR DANCE- OLIVIA WILLIAMS 4:00

### TUESDAY

ISAT'S BEGIN EVERY TUESDAY AND THURSDAY THROUGH MAY

JV/V BASEBALL @ MINICO 4:00

TENNIS @ TFHS 4:00 SYNERGY

### WEDNESDAY

OPEN GYM FOR CHEER 4:00 UPPER GYM

SYNERGY

THURSDAY

JV/V SOFTBALL DH @ MINICO 3:00

TENNIS @ BURLEY 4:00

JV/V BASEBALL W/ MINICO 5:00

FRIDAY

TRACK @ 2:00

SYNERGY

SATURDAY

JV BASEBALL @ LEGACY FIELDS W/ LIGHTHOUSE

JV SOFTBALL DH @ FILER 11:00 AM

## Athletic Pricing and Parking

Just a friendly reminder of our Ticket Prices for all sports: Adult- \$7 Student w/out activity card (visitor student) and Senior- \$5 Student from CRHS w/ activity card- FREE Please remember with the way our softball and baseball fields are we take tickets at the entrance to the parking lot if we have softball and baseball games at the same night. We are NOT charging you for parking this is for you admission to the game. We also charge for track and the ticket booth is located by the shot put pit. When we have softball/baseball games please remember if you are picking up your student DO NOT park in the lane in front of the entrance to the parking lots. Students when we have these games please remember to exit ONLY by the softball Varsity softball field. Thank you from the Athletic Department!