

Weekly Bulletin

Sterling Public Schools

January 15-23, 2010

Friday, Jan. 15 MUDECAS Girls Basketball @ Beatrice-SCC – 8:45 p.m. Bus leaves at 6:45 p.m.
Sterling vs. Nebraska City Lourdes

Saturday, Jan. 16 MUDECAS Boys Championship games @ Beatrice-Auditorium – 12:45 p.m.
Bus leaves at 10:15 a.m. Sterling vs. Exeter-Milligan

**Monday
Jan. 18** Breakfast Menu: Pancakes, Sausage or Cereal/Sausage, milk, juice
Menu: Sloppy Joes on Bun, french fries, carrot sticks, applesauce
Pioneer Conference Instrumental Music @ Diller/Odell Concert at 7:00 p.m.
Boys basketball practice – 3:55 p.m.-6:00 p.m.
Girls basketball practice – 6:00 p.m. -8:00 p.m.

**Tuesday
Jan. 19** Breakfast Menu: Cereal, Toast, Fruit, milk, juice
Menu: Vegetable Beef Soup, lettuce salad, cheese breadsticks, pineapple tidbits
H1N1 Flu Shots to be given to staff and the second round for 9 yrs. and under at school
Boys basketball practice – 3:55 p.m.-6:00 p.m.
Girls basketball practice – 6:00 p.m. -8:00 p.m.
9/10 Boys Basketball @ Falls City – 5:30 p.m.

**Wednesday
Jan. 20** Breakfast Menu: Breakfast Burrito or Cereal/Fruit, juice, milk
Menu: Submarines, broccoli w/cheese or mixed vegetables, gelatin, pears
Boys basketball practice – 3:55 p.m. -5:10 p.m.
Girls basketball practice – 5:10 p.m.-6:30 p.m.

**Thursday
Jan. 21** Breakfast Menu: Scrambled Eggs, Toast or Cereal/Toast, juice, milk
Menu: Chicken Nuggets, mashed potatoes w/gravy, corn, peaches
Jazz Band practice – 7:25 a.m.
Jr. High Girls Basketball @ Freeman Tournament – 5:00 p.m. – AWAY vs. Freeman
Boys basketball practice – 3:55 p.m. -5:00 p.m.
Girls basketball practice – 5:00 p.m.-6:00 p.m.
9/10 Boys Basketball vs. Diller/Odell – HOME – 6:30 p.m.

**Friday
Jan. 22** Breakfast Menu: Cinnamon Toast or Cereal/Fruit, juice, milk
Menu: Spaghetti, green beans, garlic bread, mixed fruit
Girls/Boys Basketball (GJV, BJV, GV, BV) @ SOUTHERN– 4 p.m. – AWAY
Girls bus leaves at 2:00 p.m./Boys bus leaves at 3:00 p.m.

Saturday, Jan. 23 Girls/Boys Basketball (GJV, BJV, GV, BV) vs. N. C. Lourdes – 3 p.m. – HOME
CAN DRIVE - \$1OFF Admission for bringing a can (or cans) of food.
Parents Night – Girls parents please be at the gym by 5 p.m./Boys parents by 6:15 p.m.

******More information on the back*

PARENT'S NIGHT FOOD INFORMATION

Meal will be provided for **players, student managers, and coaches** immediately following the basketball games on January 23.

Cake will be provided to players, student managers, coaches and families.

Basketball players in these classes are asked to bring food.

Freshman and Sophomore Boys: Vegetables for relish tray such as carrots and celery. Senior parents will assemble a relish tray.

Freshman and Sophomore Girls: Fresh Fruit such as bananas, apples, oranges, grapes. Suggested donation of 6 individual pieces of fruit

Student Managers: 1 bag of chips

Please bring your food to the kitchen the night of the game. Contact Barb Lempka with questions.

Freeman High School

Letter Club Junior High Girls Basketball Tournament

Thursday, January 21, 2010

Johnson-Brock

4:00 pm

Lewiston

7:00 pm

Champion

Freeman

5:00 pm

Sterling

6:00 pm

3rd Place

