Valley Hope Joundation Presents

School Activities and Menus

Brewster Healy. Wednesday: Northwest high school commons; 1:15 p.m. Kansas Service Center seminar, middle school; picture retakes. **Thursday**: 7 p.m. – high school football, Hill City. Friday: no school; high school volleyballstate, Hays. Saturday: high school cross country; high school volleyball-state.

Menus: Monday: breakfast: sausage gravy biscuit. Lunch: spaghetti and meat sauce, broccoli, carrots, peaches, pears, garlic bread. Tuesday: breakfast: scrambled eggs, bacon. Lunch: soft shell taco, corn, baby carrots, applesauce, mandarin oranges. Wednesday: breakfast: pancakes, sausage. Lunch: rib-b-que, cheesy potatoes, green beans, mixed fruit, bananas. **Thursday**: breakfast: waffles and bacon. Lunch: hamburger stroganoff with noodles, peas, carrots, apple, orange slices.

sessment fall conference. Tuesday: state assessment fall conference; 2 and 7 p.m. – third grade music program, grade school auditorium. Wednesday: 5:30 p.m. - high school site council, high school conference room. Thurs-

day: 7 p.m. – varsity football vs. Activities: Tuesday: 10 a.m. Larned. Friday: 11:37 a.m. - se-- volleyball-Freedom League, nior class announcement orders, middle school carnival, gym; varsity volleyball-state, Salina. Saturday: varsity volleyballstate, Salina; 8 a.m. – debate, Liberal; 9 a.m. - cross country-state,

Wamego. Menus: Monday: breakfast: waffle sticks/syrup, applesauce. Lunch: chicken patty or mighty ribs, seasoned potatoes, celery sticks, corn, mixed fruit. Tuesday: breakfast: blueberry muffin, grape juice. Lunch: taco pie or super nachos, refried beans, lettuce/ tomato, salsa, cinnamon bread sticks, orange slices. Wednesday:

Wii Mario Kart Tournament, Library. **Monday**: 10 a.m. – 1 p.m. Ft. Hays State University will be on campus, All American Room; 6:30 p.m. volleyball vs. Nebraska College of Technical Agriculturepink night, Colby Community building. Tuesday: 7 p.m. ISFO Meeting, Student Union; 5:30 p.m. Kansas National Education Association-Student Program Meeting, Bedker, Room 714. Wednesday: Therapeutic Massage Public Clinic, Thomas Hall, 402; 6:30 p.m. volleyball, Dodge City. Thursday: 4-8 p.m. massage clinic, Henry Allied Health 804; 6:30 p.m. men's basketball, Goodwell, Okla.; 9-12 p.m. Student Senate Halloween Dance, Student Union. Friday: 9 a.m. – 4 p.m. open house, Student Union; 9 a.m. - 1 p.m. costume contest, Student Union; 4 p.m. women's basketball, Salina; 7 p.m. wrestling vs. Western Wyoming, Colby Community Building. Saturday: 9 a.m. Daniel Cormier Open Wres-

ball-Freedom League, Healy. Wednesday: 8:30 a.m. – Armed Services Vocational Aptitude Battery. Thursday: high school football, Cheylin/Bird City. Friday: no school; Comp Day; high school volleyball-State, Fort Hays State University. Saturday: high school volleyball-State, Fort Hays State University.

Menus: Rexford: Monday: breakfast: biscuit/gravy. Lunch: pizza bobs. Tuesday: breakfast: breakfast combo. Lunch: ticerito. Wednesday: breakfast: pancake and sausage. Lunch:chili. Thurs-

day: breakfast: bagels. Lunch: popcorn chicken.

Selden: Monday: breakfast: breakfast burrito. Lunch: chicken patty. Tuesday: breakfast: sausage. Lunch: chili burger. Wednesday: breakfast: biscuit/gravy. Lunch: pizza bobs. Thursday: breakfast: French toast. Lunch: wiener

Heartland

Activities: Tuesday: 10 a.m. junior high volleyball, Healy (League). Thursday: high school volleyball, Kansas Christian Athletic Association-state. Friday:

high school volleyball, state. Saturday: high school volleyball,

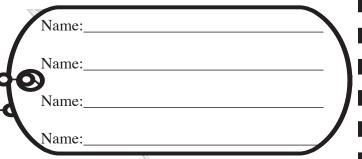
Sacred Heart

Menus: Monday: hot dog/ bun, French fries, broccoli, peach. Tuesday: barbecue grill bites, peas, pear slices, roll. Wednesday: lasagna, green beans, fruit mix, French bread. Thursday: chicken nuggets, mashed potatoes/gravy, corn, strawberries, whole wheat roll. Friday: goulash, applesauce, peas, bread sticks, cupcakes.



CALLING ALL VETERANS

Looking for all the Veterans in the area who are not affiliated with VFW or American Legion. Please give us their names and we can recognize them in the upcoming Veterans Tribute in the Colby Free Press.



Please fill out the Dog Tag and Return to the Free Press before Friday 10am Nov 6

Deadline is Friday Nov. 6 by 10 a.m.

Mail to: Colby Free Press 155 W. 5th Street Colby KS, 67701

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2007 Chev K1500 Subu - Grey		\$28,900
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