



## The Soaring Eagle

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Basketball game Thursday at Life Academy. JVA plays at 5:30 P.M. Varsity plays at 6:30 P.M.

Basketball game Friday at Colorado West in Montrose. JVB plays at 5:00 P.M. JVA plays at 6:00 P.M.

*Landmark won last Friday night's games! Way to go EAGLES!*

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### Landmark Baptist School

Menu 01/10/23 thru 01/13/22

Tuesday:

Breakfast: W G Biscuit and Gravy Sausage Links, Peaches, and Milk

Lunch: Diced Ham, WG Seasoned Rice, Roasted Potato, Apples and Milk

Wednesday:

Breakfast: Scrambled Eggs, WG Buttered Toast with Jelly, Fruit Mix and Milk

Lunch: BBQ Chicken Sandwich in a WG Bun, Chopped Broccoli, Pineapple and Milk

Thursday:

Breakfast: WG Cheerios or Chex Cereal, Mandarin Oranges and Milk

Lunch: Cheesy Beef and Bean Burrito in a WG Tortilla, Applesauce, Steamed Carrots and Milk

Friday:

Breakfast: WG English Muffin with Jelly, Diced Ham, Pears and Milk

Lunch: Ground Beef Sloppy Jo Sandwiches in a WG Bun, Chili with Red and Black Beans, Green Beans, Oranges and Milk

All milk served to participants is low fat, flavored and unflavored

WG = Whole Grain Item....HM = Home Made Item

This institution is an equal opportunity provider.

January 2023									
Su	M	Tu	W	Th	F	Sa		1	New Year's Day
1	2	3	4	5	6	7		12	Basketball Games - at Life Academy JVA 5:30 Varsity 6:30
8	9	10	11	12	13	14		13	Basketball Games - in Montrose JVB 5:00 JVA 6:00
15	16	17	18	19	20	21		16	Martin Luther King Jr. Day
22	23	24	25	26	27	28		24	<b>Basketball Home Game 5 P.M. JVA</b>
29	30	31						31	Basketball Game in Delta 4:30