



SEEGER Weekly Activities
September 16 – September 21



Monday, September 16

Breakfast: Cold Breakfast, Juice and Milk

Lunch: Chicken Rings, Lasagna Roll-up & Garlic Toast, Potato Wedges, Broccoli, Mixed Veggies, Brownies, Milk

Spirit Day: Pajama Day

4:30 PM – Tennis vs FC

4:30 PM – Golf @ C'ville (C'ville/Cov)

6:00 PM – 7/8 VB @ Attica

Tuesday, September 17

Breakfast: Breakfast Pizza w/Hashbrown, Juice and Milk

Lunch: Country Fried Steak, Drumstick, Mashed Potatoes & Gravy, Sweet Potatoes, Corn, Roll, Milk

Spirit Day: Tropical Tuesday

6:00 PM – JV/V VB vs South Newton

Wednesday, September 18

Breakfast: Pancakes & Ham, Juice and Milk

Lunch: Hot & Spicy Chicken Sandwich, Pizza, Tater Tots, Cabbage, Cauliflower, Milk

Spirit Day: 80's Day

Thursday, September 19

Breakfast: Breakfast Sandwich, Juice and Milk

Lunch: Sloppy Joes, Chicken Nuggets, French Fries, Corn, Okra, Milk

Spirit Day: Hat Day

4:30 PM – XC Bi-Co (Home)

5:30 PM – Tennis @ North Mont

6:00 PM – 7/8 FB @ SV

6:00 PM – JV/V VB @ BC

6:00 PM – 7/8 VB vs FC

Friday, September 20

Breakfast: Biscuit & Gravy, Juice and Milk

Lunch: Chicken Chipotle Wrap, Jumbo Hot Dog, Waffle Fries, Baked Beans, Green Beans, Frozen Treat, Milk

Spirit Day: Patriot Pride Day

Fall Homecoming

Homecoming Olympics

7:00 PM – V FB vs Cov

9:30 PM – 11:30 PM – Homecoming Dance (PAC)

Saturday, September 21

9:00 AM – Tennis @ Frankfort

9:00 AM – JV VB @ Harrison

9:00 AM – V VB Tournament (Home)

8:00 AM - Golf Sectionals @ Harrison Hills