



**UPPER LAKE HIGH SCHOOL DAILY BULLETIN**

**October 30, 2017**

**Lunch:** Chicken Fajitas w/ Red & Yellow Bell Peppers  
Black Bean Salsa  
Fresh Fruit Assorted

**Birthdays :** Alyssa Lindsay and Brenna Sanchez

**Quote:** "You must trust and believe in people, or life becomes impossible."

*--Anton Chekhov*

**Sports:**

Mon - Oct.30	ULHS	Volleyball	All-League Meeting	Cloverdale HS	7:00-8:00	
Mon - Oct.30	ULHS	Soccer	All-League Meeting	Cloverdale HS	7:00-8:00	

**Counselor:**

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