



WARRIOR WORLD

ST. FREDERICK HIGH SCHOOL

Send all questions and email checkout requests to: office@stfrederickhigh.org

Calendar of Events: August 16-20

Dress is regular uniform unless otherwise stated

Monday-8/16-Regular schedule

Senior Retreat-Kings Camp

11:00pm-Deadline for ordering FFF

Tuesday-8/17-Regular schedule

Wednesday-8/18-Mass Schedule/Mass Uniform

9:18-Mass

10:10-Cross & Shield (9th grade) after Mass

Thursday-8/19-Regular Schedule

Friday-8/20-Spirit Shirt Jean Day

Football scrimmage @ SFHS-TBA

Warrior Football Radio is moving to :
99.7-The Legend

Tune in to 99.7 on Friday night at 7:00pm

If you are interested in sponsoring a spot on the
Radio, please contact Peter Guerriero at
peter@rhcrx.com

New Families-Welcome to SFHS

Once a Warrior, Always a Warrior!!

Weekly Menu

Aramark food service starts this week. Menu was emailed 8/12/21.

Monday-Spaghetti w/meat sauce, vegetable medley, Green beans, Roll

Tuesday-Salisbury Steak, scalloped potatoes, Italian Veggie Blend

Wednesday-Fried Chicken, Mac & Cheese, Cabbage Greens, Roll

Thursday-Mixed Grill, White Rice, Old Bay Brussel Sprouts, Grilled Vegetables

Friday-FFF-Johnny's Pizza- order by 11:00pm on Mondays

REMINDERS & UPCOMING EVENTS

8/16/21-Order FFF by 11:00pm tonight

8/18/21-Cross & Shield Ceremony for 9th grade after Mass. Parents welcome, but please wear a mask.

8/23/21-Senior Parent meeting in chapel @ 6:00pm

8/24/21-Junior High Football Jamboree TBA

8/25/21-School Pictures-wear Mass Uniform

8/27/21-Warrior Madness

8/28/21-Bayou Jamb @ ULM at 1:00pm

Need Warrior Gear?

Order at:

sfhswarriorgear.square.site